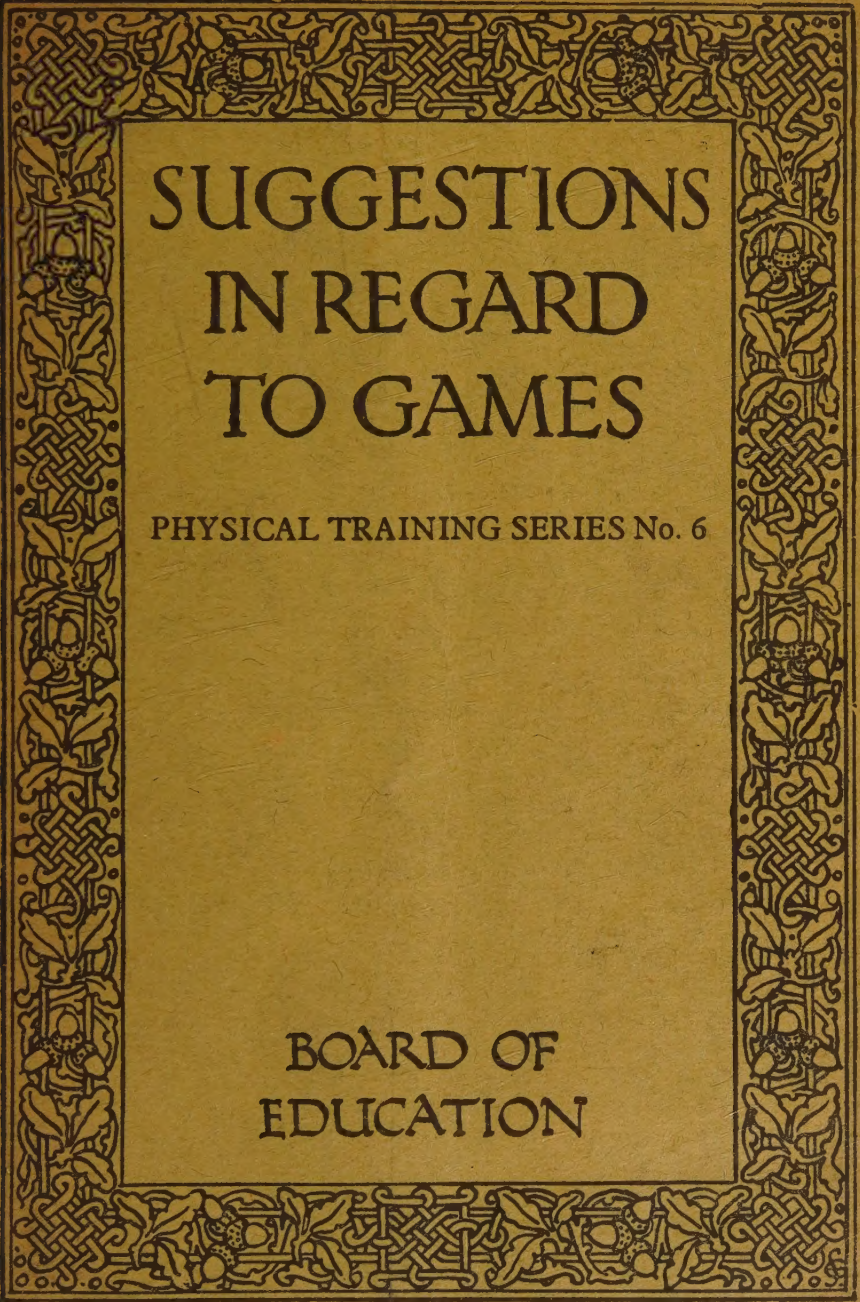




SUGGESTIONS IN REGARD TO GAMES

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SUGGESTIONS IN REGARD TO GAMES.

Games, Contests, and Sports should form part of the ordinary Physical Education in all schools. The following suggestions are intended to amplify the directions given in the Syllabus of Physical Training; they will also be found useful in connection with play centres, clubs, and so forth.

THE ARRANGEMENT OF THE GENERAL ACTIVITY EXERCISES IN A PHYSICAL TRAINING LESSON.

Whereas it is possible to draw up a definite progressive scheme of formal physical exercise, this is not practicable with the more recreative General Activity Exercises. Circumstances and opportunity vary so widely that it is necessary for the Teacher to determine for himself the choice and arrangement of the latter exercises. To assist him in framing a suitable programme for this important part of the lesson, which should occupy approximately half the lesson time, the following general directions are given.

Games and dances are not named in the Tables of Exercises*, as this tends to stereotype their use. For games and dances suitable for children of any age reference should be made to the Chapters in the Syllabus which deal with these subjects. General Activity Exercises, which include marching, running, jumping and kindred exercises, are given a certain place in the Tables, as they fall into a more definite sequence. The name of each appears only once, namely, in the Table in which, from a consideration of the children's age, it may be taught most suitably for the first time. But most of these exercises can, and should, be used in later Tables, many of them repeatedly.

A constant endeavour should be made to *keep the work fresh varied, and interesting*. In one lesson games may be taken; in the next lesson jumping and other exercises may be taught and practised; in the next dancing, marching, skipping, &c.; in the next a sports meeting in miniature might be arranged, in which teams compete against each other in races, jumping and other athletic exercises. The programme can thus be varied indefinitely.

The *choice and arrangement of the exercises, games, &c.*, will depend to a large extent upon whether the whole class works together as a single unit, or is divided into separate groups or teams each working as a smaller unit. Either arrangement has its advantages.

* See Syllabus of Physical Training for Schools, 1919.

Younger children should usually be kept together, and elder children are more easily instructed in some exercises when taken as a class.

The arrangement of the class in separate teams presents the following advantages. (1) Each child is able to take a more active part in the games and to obtain more practice in the exercises; the Teacher can still directly control the whole, as would be necessary during the first three or four years. (2) Greater variety in the work can be obtained by giving each team a different game or exercise, and changing the teams round at stated intervals. This is a later development and pre-supposes that the games and exercises are for the most part known to the class, and can be carried out without detailed directions from the Teacher. A new exercise or game can readily be introduced by teaching it to the class as a whole, or to each team in turn. (3) A keen team spirit may be cultivated by arranging competitions between the teams. (4) A sense of responsibility may be implanted in the natural leaders amongst the children by appointing them leaders of the teams. This method of working the class may be termed the "Team System."

The practical application of the Team System.

The number of teams will depend upon the size of the class, the available space, and other considerations, but, as a rule, a class of 40 may be most suitably divided into four teams. Each team should be given a number or other designation. Two teams may sometimes be combined for certain purposes. A team leader (and a vice-leader in reserve) should be chosen for each team having regard to his proficiency in the work and his capacity for leadership.

The steps for the introduction of the system are given in Table 41 of the Syllabus. It may be found that the complete system with leaders cannot profitably be employed before this. For the first year after its introduction the teams should work under the direct command of the Teacher. But at about the age of 12, the team leaders may be allowed to command their teams, at first in a few simple movements, such as calling their teams to attention, and taking them from the class to the places appointed for the separate exercises. For example, when the Teacher orders the team to form up for jumping exercises, each leader calls his team to attention, runs to the allotted place, and commands: *First (second, &c.) team, line here!* The team then runs and falls in on his left in one rank (see Order Movements). Gradually the team leaders may be allowed to give the commands for certain exercises, e.g., in a jumping exercise: *First—ready! Go! Next—go!* and so on. Whatever exercise is commanded by the leaders must, of course, be familiar to the class; the leaders should not be entrusted with the teaching of an exercise, although they may be allowed to give reminders for faulty execution.

It will be necessary for the Teacher to give his leaders some instruction and guidance in the commanding and handling of their teams, and it will help them if he occasionally gathers them together for an additional practice. Before the lesson begins the team leaders

should be informed what their teams are to do in the General Activity Exercises and how they are to be disposed. It will greatly facilitate matters if the space available is systematically planned out, say, for a fortnight's programme, with jumping marks, &c., and any apparatus, definitely located. By changing the teams round in a definite order from lesson to lesson, or during a lesson, all the children can obtain practice in the different exercises. It should be the duty of the leaders, as soon as their teams are formed up, to provide and place the apparatus required, mark out the jumps, &c., and they should themselves perform the exercises first, setting as good an example as possible. When the Teacher commands: *Stop!* everyone should at once stand to attention, and at the command: *Change round!* or *Apparatus away!* *Fall in!* the leaders will act accordingly. In competitive team games, the leaders become the captains of the teams. The system is particularly suitable for play centres or clubs.

Example of exercises arranged for four teams of elder boys.

- Team 1. Running high jump (rope).
Standing broad jump.
Hand standing.
- Team 2. Running oblique high jump (rope).
Hop, step and jump.
Cartwheel.
- Team 3. Leap frog.
Jumping the swinging rope.
Somersault.
- Team 4. Racing.
Wrestling.

Suggestions in regard to competitive team games and sports.

The physical and moral training which may be gained through properly organised games is invaluable, and the natural desire of the child to compete with his fellows should be fully utilised as part of such training. The Teacher should bear in mind that the educational value of competition lies in cultivating the right spirit, in teaching the children in all circumstances to "play up, play the game, and play for the side."

Care must be taken that competition does not lead to overstrain or to one-sided development. All-round athletic ability rather than specialisation in any one particular activity should be the aim, and the competitions must be kept well within the capacity of all the children taking part.

Unless a reasonable degree of skill is acquired (and this means careful teaching) the games and athletic contests will not continue to hold the interest of the children. It is often not realised how much of interest and value there is in many of the simpler team games, such as Captain Ball, when they are played with real skill. If

adequate provision is to be made for children of different ages, these simpler games are needed besides the recognised games of football, cricket, hockey, &c.

The following conditions, therefore, should govern the conduct of team competitions :—

(i) The events, games and athletics, should embrace as wide a range of activities as possible, and be so adjusted that each child may have a fair chance of success, if not in one thing, then in another.

(ii) All the class should compete in all the events, the competitors being matched as far as possible.

(iii) The team, and not the individual, should be regarded as the competing unit. The individual child must learn to feel that in everything he does, whether playing a game with his team, or taking an individual part in a race or jump, he is working for his team, and the honour of his team, not for himself. Any win, therefore, by an individual child scores one point for his team.

(iv) All events should have equal scoring value.

(v) The scores of each team should be kept, and at the expiration of a stated period the winning team should be declared. The winning team might be given a small trophy, such as a flag, to hold until the end of the next period. Individual prizes should not be given.

NOTES ON THE ORGANISATION OF PLAYGROUND SPORTS.

Racing.

Methods of competing.—Team races may be arranged (a) for individual scoring, one member from each team racing at a time, the winner scoring one point for his team, the winning team being that which has the highest score when all have run ; or (b) by relay, in which one member from each team lines up for the start of the race, the next member of the team starting as soon as the first has completed the course, and so on till all have run, the winning team being that which gets all its members over the finishing line first. Relay races may also be run by time, the teams running over the same course one after the other, the winning team being that which completed the course in the quickest time. This is not so exciting as concurrent running. Any of the following methods may be employed to start the runners successively in a relay race :

When the preceding runner—

(a) has passed over a defined line, either the starting line or otherwise ;

(b) has returned to the starting line and touched the next runner, or handed to him some object, such as a short stick or bean bag ;

(c) has reached a defined point from which he throws a bean bag or ball to the next runner on the starting line, who must not start until he has caught it or retrieved it from behind the starting line if he fails to catch it."

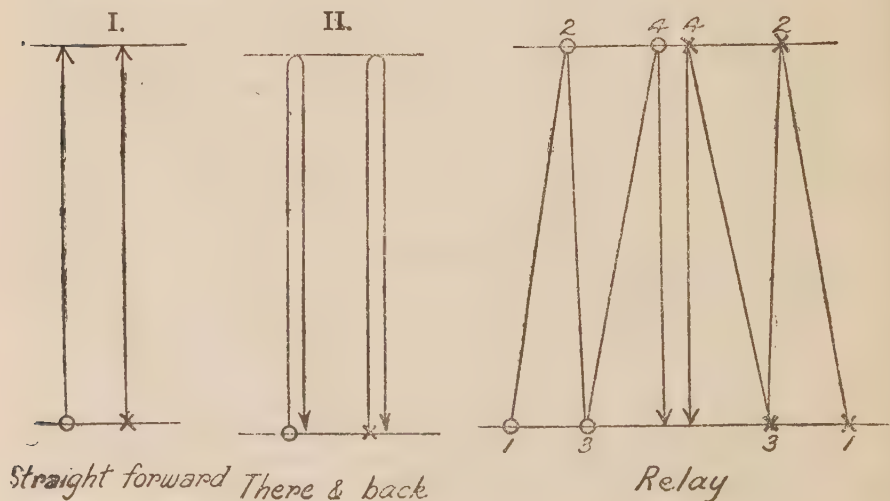
Types of courses.

Owing to the restricted space available in a playground, it is not possible to arrange a fair race when the competitors run abreast over a course which includes turns. The inside runner has too great an advantage. When, therefore, two or more competitors start together on the same course, a straight forward, or there-and-back course may usually be adopted. (See diagrams I., II., and III. of straight courses for individual and relay races.)

A course with turns, forming a closed figure, or a circular course, can, however, be used, if the runners start at the same time from different points on the course, and all run in the same direction (following each other), each finishing at the point from which he started. Thus all the runners cover the same course and take all the obstacles that may be arranged along it. This arrangement is probably best suited for two runners at a time, and can be used for relay races. Three or four may start together if they are spaced well apart, but this will considerably increase the difficulty of deciding who is the winner in a close race, because the runners do not finish on the same line. This difficulty of deciding the winner can be got over (a) by bringing two sides of the course close together, with a common starting line intersecting both (V.), or (b) by using a starting line *inside* the course, the two competitors leaving and returning to it in opposite directions (VI.). This type of course can be of any shape provided it is a closed figure. Three simple examples are illustrated on page 11 (IV., V., and VI.). Such courses can be marked out in various ways; probably the easiest method of doing so is to set marks for the turning points, with straight runs between them.

The types of courses described above may be represented diagrammatically as follows:—

Straight Course.



Closed Courses.

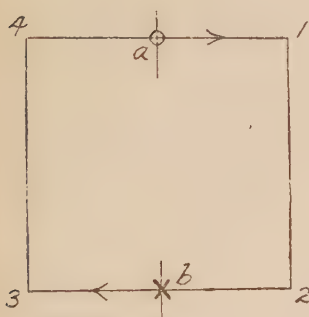
A closed course may have any shape, provided the conditions described above are fulfilled. On course IV. :—

a and *b* start from and finish at their own lines, and run in direction of the arrows.

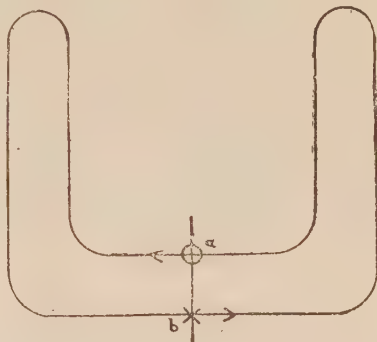
a runs to points 1, 2, 3, 4, and back to his line.

b runs to points 3, 4, 1, 2, and back to his line.

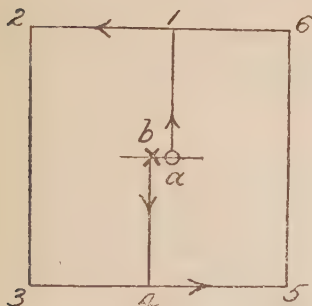
IV.



V.



VI.



Course VI., for two runners only :—

a and *b* start from the same line but facing in opposite directions, and finish on this line but coming from opposite directions.

a runs to points 1, 2, 3, 5, 6 and back to starting line.

b runs to points 4, 5, 6, 2, 3 and back to starting line.

Turning points should be arranged so that the runner cannot turn short or is easily detected by the umpire if he does so. The following methods of marking the turning points are suggested :—

A wall, post, &c., to be touched.

A rope or other obstacle to be jumped.

A post, or other object, or a mark on the ground, to be passed outside.

A circle in which one or both feet must be placed.

An object standing in a circle, to be picked up and carried on, or replaced differently at the same point.

Obstacles.

The following suggestions are made for obstacles to be used in races :—

High jump over rope.

Broad jump over marks.

"Stepping stones."

Ladder jumps.

Somersault.

Crawl under jumping rope without touching it.

Crawl under the legs of others standing astride.

Running along low bench or narrow marked track.

Jumping over a row of low objects (without knocking these over).

Jumping a swinging rope.

Running through a turning rope.

Object or objects to be picked up, transferred to another position, etc.

The Position of the Competitor at the Starting Line.

The competitors may take any of the following positions :—

Toeing the line.

Sitting cross-legged.

Lying on back.

Back to line.

The Starting and Conduct of a Race.

Care should be taken that all races are started fairly, that the competitors toe the line, and that none starts before the signal. If any do so, the race should be restarted. The signal to start may be given by word, whistle, hand clap, etc. Equal chances for all, and strict impartiality in giving decisions, are, of course, essential. Any player who does not strictly abide by the rules should be disqualified at once.

Odd Man.

If two teams are competing against each other and one team has one more competitor than the other, the odd man may either stand out, or a member of the opposite team may be chosen to run twice. The selection of the one to stand out or to run twice should be impartial, as, for example, by some quick method of counting-out.

Other athletic exercises.

Among other exercises that may be included in competition are High and Broad Jumps of all kinds, for which the competitors from opposing teams should be matched as nearly as possible.

Accuracy and speed in catching and throwing cricket or football, rubber ball or bean bag, may be tested by using the game "Courier" (page 63).

AGILITY EXERCISES.

The following exercises are suited to boys, and may be included in Group 6 of the Tables of Exercises if appropriate conditions obtain, or practised at play centres or clubs.

Somersault.

A mat is usually desirable. Place the hands on the mat, tuck the head in between the arms, and rest the back of the head and neck on the mat, kick up and roll over on the back with the knees drawn well up, and come to the cross-sitting position. Two or more consecutive somersaults may be made. A preliminary run may be taken which gives sufficient momentum to enable the performer to rise immediately to his feet after turning over. He can then stand at Attention or continue running. Running somersault should not be attempted until it has been well practised without a run, because, unless the body is lowered on to the mat on the *back* of the head, the neck may be jarred.

Hand standing.

This is standing on the hands with straight arms, the head thrown as far backwards as possible, and the feet either free or resting against a support such as a wall. If the position is to be taken against a wall, the hands should be placed on the ground at a distance from the wall equal to the length of forearm and hand.

To take the position, bend forward quickly, place the hands on the ground and at the same time throw one leg backwards and upwards, spring off the other foot and swing that leg up to the other, allowing the feet to rest against the wall, legs straight. Some boys do this quite easily from the first; those that cannot should be taught separately, as follows:—They stand facing the wall with one foot advanced, then bend the front knee and place the hands on the ground. The teacher standing on the boys' right now places his right hand under the shoulder from behind to assist the arms in carrying the weight, the boy then kicks up and the teacher, with his left arm, assists him to get his legs up. The common fault is to bend the head forward between the arms, this causes a complete collapse. As the legs are kicked up the head must be thrown strongly back. A preliminary exercise is to place the hands on the ground, slightly bend the knees, and kick the heels up behind, knees well bent ("kick like a horse"), throwing the head back at the same time. After a little practice the attempt may be made to kick up so high with bent knees that the body is almost balanced on the hands.

Cart Wheel.

This is started with the legs astride and the arms out sideways (no definite position). If the wheel is made to the right, the body is

first inclined a little to the left and then quickly swung over to the right, the right hand is placed on the ground, the left leg is swung up sideways, followed by the right leg, the left hand is placed down, and the swing over continued until again standing upright. The head must be thrown well back as the legs swing over. Hand standing should be practised before this exercise is taken up. A mat is desirable at first.

Wheelbarrows.

The class in two extended ranks. The front rank take crouching position. The second rank stand behind them. At the order to lift, the front rank raise one leg behind, then the other; the rear rank pass their *arms* well round the legs at about the knee. The "wheelbarrows" carry their heads well back and look forward. Then all advance. To put the wheelbarrow down, lower one leg at a time.

Variations.

1. "*Empty Wheelbarrows.*"—The legs of the "wheelbarrows" are rested on the shoulders of the drivers, who grasp their ankles with the backs of their hands turned forward, and thumbs backward, so as to press the ankles firmly against the shoulders. (For elder boys.)

2. "*Wheelbarrows that will not go.*"—The legs are held under the arms at the knee. The wheelbarrow resists being propelled straight forward either by pushing back with the arms, or going off to one side or the other. A strenuous exercise that should only last a short time, and is suitable only for elder boys.

Lying Leg Wrestling.

Two boys lie on their backs side by side, heads in opposite directions, hip to hip. They then raise their inside legs, and each tries to hook his leg round that of the other and to turn his opponent over in a somersault.

Somersault over a Back.

The boy who provides the support kneels down and places his hands on the ground so that his body is horizontal, and back hollowed. The performer, standing on one side, places his hands on the ground close to the side of the "support," throws his legs up and head back as for "Hand Standing" (see above), but lets his body swing right over so that he rolls over on his back across the back of the support and lands on his feet on the other side. The hands must be placed so that as the body swings up the shoulders come gently against the side of the support, and contact is maintained while the body swings over and its weight gradually transferred to the support. If the hands are placed too far away this gradual transference of weight will not be effected, and the performer will fall over backwards on to the support. The teacher should give assistance at first in the same way as for "Hand Standing."

Lifting and Sliding the Log.

The class is formed in two extended ranks. The front rank lie down on their backs, with feet separated about a foot's length. These are the "logs." Each boy in the rear rank then stands with the feet apart at the head of his "log," and places his hands, fingers interlaced, beneath the neck. On the order *Lift!* the rear rank lift and the "logs" stiffen their bodies so that they rest only on the heels, and are straight from head to heel. At the order *Lower!* the "logs" are lowered gently to the ground. The lift should be very slight at first. Later, the head may be lifted to about the height of the knee, then the "logs" may be pushed forward on their heels ("Sliding the log").

Lifting the Sack.

The children, in two ranks, back to back, link elbows and take astride position. At the order *Front rank—lift!* the front rank bend forward, lifting the rear rank off their feet. At the order *Lower!* the front rank straighten up and the other rank then lifts. Later, as one rank is placed down it can immediately proceed to lift the other rank; commands: *Front rank—lift! Change!* The lifting rank must not bend forward too far, nor the lifted rank raise their knees, as this may result in the lifted rank falling over the heads of those lifting.

GAMES.*

On account of limitations of space it was not possible to include in the Syllabus of Physical Training descriptions of the games referred to in discussing the Organisation of Games. There are various well-known text-books, in one or other of which most of the games mentioned are described; but, for the convenience of teachers who have not ready access to such books, brief descriptions are here given of some popular and suitable games which may be introduced into the ordinary physical training lesson or used in connection with play centres or clubs.

A. ACTIVE GAMES FOR LIMITED SPACE.†

First and Last One Still.

Easy active game for any number of young children.

Description.—The players form a circle and jump, run or skip round until the leader blows a whistle or claps his hands, when all stand still as quickly as possible.

Object.—To teach quick response to a given signal.

Variations.—1. Music may be employed. The players then sit down or stand still immediately the music stops.

2. Various steps, such as change of step, hopping with knee raising, or leg raising forward or backward, may be introduced.

3. No fixed formation need be kept, the players following behind each other, or moving where they will within an allotted space.

Pop goes the Weasel.

Active musical game for any uneven number of players.

Description.—The players divide into sets of four, three of each set forming a circle, with a "weasel" in the centre. These little circles are arranged to form one large circle, in the centre of which the odd player stands. The circles dance round for the first three lines of the familiar nursery rhyme "Pop goes the Weasel." On the word "Pop" at the beginning of the last phrase, the circles stand still, and the weasels dart out under the arms, form a ring with the

* The notes for the description of the Games included in this pamphlet have been contributed by Miss Edith R. Clarke, Games Lecturer, Bergman Osterberg Physical Training College, Dartford, and have purposely been kept simple.

† See Games in Column I. of tables given in Chapter IV., "Syllabus of Physical Training."

odd player, and dance round until the word "Pop" is reached again, when each tries to find a hole; the one left over remaining in the centre while the game is repeated from the beginning.

Points for the Play Leader.—To see that all become "weasels" in turn, and to space the game so as to give opportunities for selecting different circles.

Musical Circles.

For any number of young children.

Description.—The players form two circles, one within the other, the inner circle having one or two more players than the outer one.

The players in the inner circle come forward, join hands and run or dance round to music. When the music stops they immediately drop hands, and each one tries to get a place behind one of the players in the outer circle. A new inner circle is formed by the players from the outer circle, together with the one, or two, players who were unsuccessful in getting places.

If the class is large, more than two extra players should be included in the inner circle.

The game may be played out of doors, accompanied by singing, the signal being given by whistle.

Variation.—In cold weather the outer circle may run or dance round in the opposite direction to the inner circle, and stand still directly the music stops; but as the children cannot hold hands, being too far apart, it is difficult to keep the spacing even and the circle a suitable size.

Three Blind Mice.

A game for young children.

Description.—One child kneels in the centre of a ring formed by the others. The children in the ring dance round singing "Three Blind Mice" or any other well-known nursery rhyme. The child in the centre thinks of a certain word in the song, and when the word occurs he jumps up and chases the others, who run away in all directions. Those caught then come into the ring and all kneel down together. They choose a word, being careful not to let the others hear, and the game is repeated. It is not generally advisable to play the game to a finish—that is, until all the outside ring are caught. When the children inside are about as many as those forming the ring, one more turn can be played and those left uncaught declared the winners.

The Gardener and the Scamps.

A game for young children.

Description.—The majority of the players make a ring to represent a garden wall. One player, the gardener, stands outside, while the

remaining players go into the ring and pretend to be scamps. The gardener walks round the garden and suddenly looks over the wall; the following conversation takes place:—

The Gardener - "What are you doing in my garden?"

Scamps - - "Picking apples, roses, etc."

The Gardener - "Who gave you leave?"

Scamps - - "No one."

The Gardener - "Then out you go!"

Saying this the gardener breaks through the ring and chases the scamps in and out of the circle and round the playground, catching as many as he can.

Points for the Play Leader.—There should be a large number of scamps—for example, a quarter of the total number playing—and a time-limit should be set to the chase. Then there may be a competition between successive gardeners to see who can catch the greatest number. If desired, the outer circle may dance round while the gardener creeps round in the opposite direction; he then appears unexpectedly and directly he speaks the circle stands still.

Fire on the Mountain.

A game for young children.

Description.—The players stand in couples in a circle with two to four paces between the couples. One player stands in the centre and says: "There is a fire on the mountain, run, run, *run!*" At the last word the players in the outer circle turn right or left and run round the outside until the centre player says "The Fire is out!" when they stop and find a partner, the odd player also trying to find one. The player who fails to get a partner goes to the centre.

The players are not allowed to cross the circle, but must run on round the outside to find a vacant place.

The players in the inner circle change places with their partners in the outer circle and the game is repeated.

Ninepins.

A game for young children.

Formation.—The players in couples form squares, one, two, or three couples to each side. The square is of such a size that it can be crossed from one side to the other in eight gallop steps. An odd player stands outside each square. For clearness of description the players in each couple are named boy or girl.

Description.—Partners face each other and join both hands. The couples on two opposite sides of each square cross over with eight gallop steps, passing each other on the right (4 bars of music). The two other sides then cross over in the same way. This is repeated

so that the couples are back again in their original places (16 bars in all). The odd boy now enters the square and with the skipping step moves round in a clockwise direction, dancing with one girl from each side in turn. In each case the two join right hands and dance once completely round each other; then the girl returns to her place and the boy goes on to the next. (16 bars in all.)

The odd boy and all the boys now form a ring inside the square and dance round until the music suddenly stops, when each boy tries to get a partner. The music is continuous up to this point.

The game may be played in the open air accompanied by singing. The parts should sometimes be reversed, the odd player being a girl.

Musical Arms.

Moderately active game for any uneven number and players of any age.

Description.—The players divide into two groups, one of which has one more player than the other. The players in the smaller group stand close together in a file, odd numbers with the right hand, even numbers with the left hand, placed on the hip to form a handle. The other group then run one behind the other round the file while the music plays; immediately it stops each player seeks to link arms with one of the stationary file. The unsuccessful player and the end one of the file then stand out and the game is repeated.

If it is not desirable for any player to stand out, no reduction of the "handles" need be made, the odd player at the end of each round changing places with one in the file.

Points for the Play Leader.—To see that there is no pushing through, touching, or pulling of the file, in running round.

Obstacle Scramble.

Active game for any number of players.

Description.—The leader should make use of any available apparatus or equipment over, along, around, through or under which players can scramble; e.g., the players scramble along a bench or seat at the back of a covered playground, jump off, go on all fours in and out of the columns, crawl over, under or along forms, get up on to a mound, step or other raised support, tiptoe along a definite line, and finally jump over a rope, chalk line, puddle or rough surface.

Points for the Play Leader.—The aim is not to encourage speed, but muscular development, and, with young children, the leader should avoid anything that is difficult or dangerous.

Variations.—The game may be adapted for older children by choosing more difficult obstacles, increasing the length, height and frequency of jumps, or by introducing speed and racing.

Circle Race.

Active game for a large number of players.

Description.—The players form up round a chalk circle at wide and equal intervals and all turn in one direction. At the whistle they run round outside the circle, each player endeavouring to touch the one immediately in front, who falls out when touched. The players aim at putting out as many others as possible without themselves being touched.

With very large numbers the players may number off in twos, threes or fours. Each set of numbers in succession then steps back, turns and chases as before, the others remaining still to form the circle.

Points for Play Leaders.—To see that no one enters the circle through eagerness to overtake, and that players, when touched, fall out quickly.

Variation.—The Play Leader may blow a whistle, when all turn about and chase in the opposite direction.

In and Out the Files.

Group game for any number of players.

Description.—The players form up in files, preferably not more than 6-8 in each. At a signal the leader of each file turns to his right, runs in between the second and third players, then between the third and fourth, and so on to the end of the file ; he then passes round the last player and zig-zags in the same way to his place.

The second player then comes out to his right, passes in front of and round the leader, then zig-zags round the other players to his place.

The third player passes in between the second and first players, in front of the leader, and zig-zags to his place. Other players proceed in the same way.

The player running must take care not to touch the others ; if he does, he may be penalised.

Scoring.—1. The game may be played in single rounds, a point being awarded to the file whose runner is first, provided he has touched no one ; or four points may be given to the winner, and three, two or one to the next in order, deducting from the score a point for each offence of touching.

2. Later, the game can be made a relay race ; each player as he returns to his place touches the next player, who starts off immediately. The game is finished when the last player returns to his place. In this form strict ruling with regard to touching cannot be enforced, but deliberate touching should be penalised.

Ones and Twos.

A group game suitable for any number of players in warm weather.

Description.—Two players stand out, the remainder form a circle facing inwards, with intervals between them. One of the odd players is the chaser, the other is the runner. The chaser endeavours to tag the runner before he can place himself in front of one of the players in the circle. If the runner succeeds in saving himself in this way, the player in front of whom he stands becomes the runner. If the runner is tagged before reaching safety, he becomes the chaser, and the original chaser starts the game again by placing himself in front of one of the players in the circle.

Points for the Play Leader.

The chaser and runner may run anywhere round or through the circle, but the runner should go to the nearest refuge he can safely reach. This will ensure quick changes of runners. The players should be encouraged to make as many and as quick changes as possible, so as to confuse the chaser and keep him dodging.

Twelve to 15 players in the circle make the best game; with larger numbers the opportunities for those in the circle to run do not recur with sufficient frequency to prevent the game from dragging.

Turn-a-back.

A group game for any number of players on a warm day.

Description.—Two players stand out, the remainder form couples and stand in a circle with a distance of three to six paces between the couples. The players in each couple face each other and hold hands at arms' length, making a "home" between their arms. One of the odd players is the chaser, and stands on one side of the circle; the other is the runner, and stands on the opposite side of the circle. At the word *Go!* the chaser tries to tag the runner before he can get into a home by ducking under the arms of any couple. The player in the couple on whom the runner turns his back becomes the runner, the first runner taking his place in the couple. A runner on reaching a home may release another immediately, or he may stand sideways in the home and for a few moments make feints of turning to one side and the other, thus keeping the chaser dodging about outside the home, uncertain which of the couple will be released. If a runner is tagged before reaching a home he becomes the chaser, and the original chaser enters a home and releases a new runner.

Points for the Play Leader.

The chaser and runner may run anywhere round or through the circle, but the runner should enter the first home he can reach in safety. This will ensure a quick and constant change of runners. An occasional quick series of changes from couple to couple round the circle helps to confuse the chaser.

A circle should not consist of more than about 10 or 12 couples, otherwise some of the players will get little of the running. With large numbers, therefore, two or more circles should be formed.

Tug-of-War.

Easy pushing and pulling contests.

1. Sideways Tug-of-War.

Requirements.—Two chalk lines 3-4 feet apart.

Description.—The class forms up between the lines in two files facing in opposite directions. Opponents extend inside arms, grasp each others wrists and place inside feet together. To take the strain all players lunge sideways with the outer foot, thus straightening the inside arm. The outer arm is raised sideways to assist the balance. On the command "*Pull!*" each player tries to pull his opponent to his own side; he is counted successful when one of his opponents' feet is right over the line.

Points for the Play Leader.—1. To guard against rough play and unnecessary falling.

2. To space the couples in order to allow a certain amount of movement forward and backward, although the main pull is directed sideways.

3. To give practice in pulling with both the right and left hand.

Score.—The side with the largest number of successful players is the winning team.

2. Line Tug-of-War.

Requirements.—A centre line.

Description.—Two teams line up, facing each other, on either side of a centre line. One team takes a small step to one side, so that players stand alternately; each then grasps with his left hand the left hand of the opponent on his left, and similarly the right hand of the opponent on his right. To take the strain all put the left or right foot backwards and straighten the arms. The object is for one rank to pull the other right over the centre line.

As the game is continued till every member of one team is pulled over, plenty of room is needed to allow for the swing of a long line. If the line is broken the game should be stopped.

3. "Knees Full Bend" Tug of War.

Requirements.—A centre line. A rope, belt, bar or cane.

Description.—Two opponents face each other at equal distances from a centre line and hold between them with both hands a rope, belt, bar, or cane. Both then bend the knees outward as fully as possible, and, hopping in this position, try to pull each other over

the line. Considerable ingenuity can be exercised in relaxing and pulling at unexpected moments. The game can be played without apparatus, the opponents grasping each others hands.

Point for the Play Leader.—To see the “knee bend” position is maintained throughout.

Variation.—With a rigid object like a bar, the game can be made a pushing instead of a pulling contest.

4. Four-Cornered Tug-of-War.

Preferably for not more than 20 players.

Requirements.—A strong rope, the two ends of which are knotted firmly together. Four small objects—*e.g.*, bean-bags, stones, etc.

The rope is placed on the ground in the form of a square, and an object placed 5-6 feet away from each corner.

Description.—The players are divided into four teams. The leader of each picks up one of the corners with his right or left hand, the other members of the team take their places on either side of their leader, all grasping with the same hand. On the command “Take the strain!” all lunge with the outer foot and raise the free arm in the direction of the object.

The aim of each team is to pick up their object.

Points for the Play Leader.—To see that the objects are placed correctly so that they are neither recovered too quickly, nor are too far out of reach.

5. Hopping Tug-of-War.

Description.—Two players face each other, clasp right or left hands, and, hopping all the time, try to pull each other across a defined area. The foot may be changed at will, but neither the free foot, nor free arm, may be used against the opponent.

6. Pushing Contest.

Description.—Two players stand facing each other with both arms stretched above the head. Each stands with the right or left foot forward and presses the palms of his hands against those of his opponent.

The object is to force back the opponent over a given mark. Extra force may be exerted by using body pressure.

Points for the Play Leader.—1. To see that opponents are about the same height, as an appreciable advantage is scored by a taller player.

2. To see that the arms are kept well stretched up.

Variation.—The arms may be stretched sideways and fingers interlaced.

7. Pushing Wrestle.

Description.—Two players face and grasp each other with right hand round the waist and left hand over the shoulder. Each, therefore, has one arm over, the other under, his opponent's. In this position each tries to push his opponent backward over a given mark.

Dodge Ball.

Active game for any number of players.

Requirements.—Football. Large chalk circle.

Description.—The players divide into three or more groups, one of which stands anywhere within the circle, while the others space themselves round the circle. The object of the game is to put out the inside players by hitting them with a football, which is thrown by players standing in the circle line. The players inside may not leave the circle, but may dodge, jump or run about freely in order to evade the ball. Players when hit should immediately take their places on the circle and help with the throwing. Throws should follow in quick succession, and accurate fielding should be encouraged.

The game may continue until only one player is left, or the last two or three players may be declared winners. Finally the winners from the different groups go in and play for the best man.

Another method of playing is to set a time-limit for each group, the winning group being the one having the greatest number of players left in.

N.B.—With young players, or where no large ball is available, a bean-bag may be substituted, but the game loses somewhat in speed and interest.

Points for the Play Leader.—To see that everyone gets a share in the game, and to encourage the attacking players to make quick passes occasionally across or around the circle to the player in the best position to score a hit.

Development.—A difficult form of the game, and one requiring greater skill, may be obtained by using a small rubber or tennis ball in place of the football. The shots can be made at great speed, and a good light is, therefore, necessary. Aiming high, or at the head, is dangerous and should be penalised. The smart fielding required by the outside players makes the game an excellent preparatory training for the more advanced team games.

Jumping and Skipping-Rope Games.

Games suitable for cold weather if all the players are kept active.

Jumping.

1. *Keep the Kettle Boiling, or Jumping in a File.*—Ropes are placed at suitable intervals round the playground, or radiating from the

centre. The players form up in twos, threes or fours, and at a signal all run round the course, jumping each rope in turn. The object of the game is to get the jumping continuous; the ropes should therefore be quite low at first, but later they may be raised slightly, but they should be adjusted to the capacity of the weakest jumper.

2. *Over the Swinging Rope*.—The ropes, arranged as in 1, are swung slowly from side to side, and the players have to judge their jumps accordingly. Later, the difficulty may be increased by changing the rate of the swing.

3. *Serpents, or Over the Waves*.—Waves are made in the ropes by one turner at each end moving his arm upward and downward slowly or quickly at will. Players jump over the ropes, watching carefully, as the height and speed of the waves will probably be different at each rope.

4. *Over and Under*.—The players jump over one rope and crawl under the next.

5. *Steps*.—The ropes are arranged in increasing heights.

Competition.—Contests may be arranged, e.g., by running a team at a time, one or more times round the course, and counting the number of players who succeed in clearing all the jumps, or the time taken by the whole team to complete the round.

Skiping.

Note.—The number of players to each rope should not be more than 10-15, and each player should take a share in the turning. If larger numbers must take part long ropes should be used.

1. *All in together*.—As the name implies, the children enter as quickly as they can and try to continue skipping until all are in. Directly the last player enters, count is kept of the number of skips that are kept up.

Note.—The easiest way to enter is from the side.

2. *Running in*.—The children, in groups of five or more, run in from a little distance, and then, after a certain number of skips, out again without checking the rope.

Variation.—*Over the Moon*: Both the preceding games can be taken with the rope turned backward.

3. *Salt, Mustard, Vinegar, Pepper*.—The children run in, and when all are in they say "Salt, Mustard, Vinegar, Pepper." At the word "Pepper" the rope is gradually turned faster and faster.

4. *French Almond Rock*.—The players jump over the rope as it swings from side to side, saying the following rhyme: "Handy-pandy sugardy candy. French almond rock." Then the rhyme is repeated while the players skip in the usual way. Then all crouch down

while the rope is turned over their heads, to the same rhyme. On the last word, "rock," the players rise and the rhyme is repeated for the third time while they skip.

The whole may be repeated, or the first set of skippers may run out and a new set begin.

5. *Higher and Higher*.—The rope is turned so that it does not quite touch the ground and is very gradually raised so that the players must jump or lift their knees higher and higher to clear it.

6. *Double Dutch*.—Two ropes are used. The turners have a rope in each hand; they hold their arms rather far apart and make the ropes touch the ground alternately. The ropes may be turned either inward or outward.

7. The following variation may be used with the same arrangement of ropes as that given for the Jumping and Skipping Games. The ropes may be turned forward, or backward, or alternately, *i.e.*, the first forward, the second backward, and so on. The players run in single file or in groups of two, three, or four together.

1. Running under the rope.
2. Jumping a certain number of times and then running on to the next rope.

Different Steps and Movements used in Skipping.—

1. The ordinary jump with the rebound.
2. The jump without the rebound.
3. Hopping on one foot.
4. Double up or double through, *i.e.*, two turns of the rope to one spring.
5. Any dancing step, *e.g.*, reel step, etc.

Points for the Play Leader.—The turning of the rope for a large number requires to be well done, and the Play Leader should encourage everyone to take a share in this and learn to do it satisfactorily.

King of the Ring.

Active game for any number on a cold day.

Requirement.—A chalk circle.

Description.—All the players stand inside the circle on one leg and with folded arms. At a given signal the players begin hopping and try to push each other out of the circle. The feet may be changed at will, but any player who puts down both feet at the same time, or who steps over the line, is out. Pushing with the arms, and charging, are not allowed. The last player left in the circle is the winner, or King of the Ring.

This game requires skill as well as strength, as each player must decide when to push and press forward, or to give way unexpectedly, in order to trick his opponent.

Points for the Play Leader.—The game should not be taken with excitable or unruly children, nor be allowed at any time to degenerate into rough fighting. Strict umpiring with regard to using the arms will keep the game in check.

In cold weather, when it is not desirable for players who are out to stand still, a second, third or fourth circle may be drawn and the players who are pushed from one circle begin again in the next.

The circles should be large enough to give space for the players to hop about and save themselves, but not so large as to make the game drag when the number of players has been reduced.

Poison.

An active game for any number on a cold day.

Requirements.—Several chalk circles measuring about a yard in diameter ; a set of such circles for each group of players.

Description.—The players are divided into groups from 15–20 in each. Each group joins hands to form a ring round or amidst a set of chalk circles.

It is the aim of the players to pull one another into one or other of the circles. They must keep their hands joined, but may move in any direction or spring across the circles to avoid putting a foot inside. As soon as a player steps inside a circle the remainder cry "Poisoned !" and run for safety by touching wood, iron, etc. The player poisoned tries to tag as many as he can before they reach safety, and these also become poisoned. The ring is again formed, and when another player is forced to step into a circle all those now poisoned assist in the chasing. When all the players are poisoned the game ends.

Points for the Play Leader.—1. A circle may be reformed if it is broken accidentally, but if a player frequently and deliberately breaks to save himself, the Leader should penalise him by putting him out of the game.

2. The Leader should guard against backward falls.

Variations.—The game may be played simply as a ring game, the players forced into a circle dropping out of the game. The ring thus becomes gradually smaller until only one player remains. In this form of the game apparatus, such as ninepins, Indian clubs, footstools, etc., may be used as obstacles in place of chalk circles.

Over and Under Leap-Frog.

Active team game for players of some experience.

Description.—The players form up in two or more files, odd numbers standing with feet astride and even numbers making a "back" for leap-frog. The last player in each file stands behind a line ready to run, and at a given signal crawls between the legs of

those standing astride and leaps over the backs of the others. The first to arrive and stand still at the head of his file is the winner, and gains a point for his team.

At the command "Change!" the files move back one place and the supports change their positions from astride to a "back" and *vice versa*; the game then proceeds as before.

Points for the Play Leader.—1. To ensure that all are safe at leap-frog before speed or competition is introduced into the game.

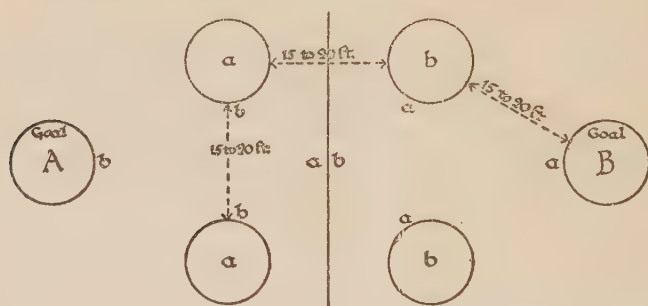
2. To encourage good style and stretching up in the leap-frog.

Captain Ball.

Advanced team game for 14 to 32 players.

Requirements.—A net-ball or small football.

Description.—A. The game for 14 players. The players are divided into two teams (A and B in the diagram), and the ground is marked out as shown in the diagram. The bases are chalk circles two to four feet in diameter, spaced 15 to 20 feet apart. A centre line is drawn midway between the triangles.



(Diagram 1.)

Each team has three basemen who stand inside the bases on one side of the ground, three guards who stand near their opponents' bases, and one fielder who stands in the centre but may move anywhere on the ground. The Captains stand in the goal bases.

The object of the game is to score goals. A goal is scored when the Captain catches a ball passed by one of his basemen. The Captain may catch a ball from a guard or fielder of his side, but it does not count a goal. The guards try to intercept the passes from opponent guards or fielder to their basemen or from basemen to Captain, and endeavour to secure the ball and pass it to their fielder or basemen.

The game is begun by the umpire bouncing the ball between the fielders on the centre line. The one who secures it tries to throw it to one of his basemen, who will try to score. The guards mark the opponent basemen closely. If a guard intercepts the ball he throws it either direct to one of his own basemen or to the fielder or another

guard of his side who may have a better opening for a throw to base. Complete understanding between the members of a team, clever and accurate passing, and quick and well-judged catching, are necessary for good play.

A ball is secured by a guard or fielder when he has two hands on it.

After each goal and when the ball goes out of the ground (recovered by a fielder) it is bounced in the centre as at the beginning of the game.

Rules.—Players must not—

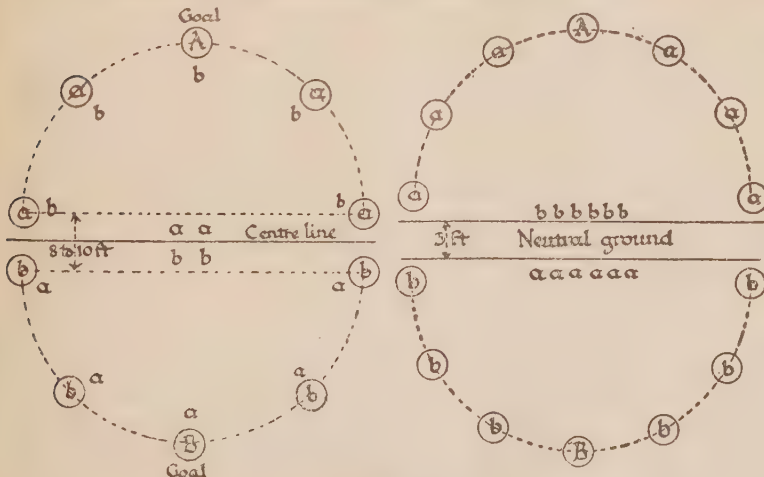
1. Run with the ball.
2. Hold the ball for more than three seconds.
3. Kick the ball.
4. Bounce the ball.
5. Hit or bat the ball with the closed fist instead of throwing it.
6. Touch the ball if another player has two hands on it.
7. Push or handle another player.
8. No player except the fielders may cross the centre line.
9. Captains and basemen must always keep one foot within their bases.

Penalty.—For any infringement of these rules, the ball is passed to one of the opposite basemen, who has a free throw to goal, only the goal guard being allowed to intercept.

Points for the Play Leader.—1. Before the game is definitely organised, practice should be given in throwing, catching, and dodging in passing.

2. All players should have practice both as basemen and guards.

B. The game for 24 to 32 players.—The ground is marked out as shown in diagram 2. The bases are drawn on the circumferences of semi-circles whose diameters are not more than 30 feet in length and 8 to 10 feet apart. A central line divides the two halves of the ground.



(Diagram 2.)

With a diameter of 30 feet, 7 bases set 8 feet apart, or 5 bases set 12 feet apart, centre to centre, can be drawn on each side.

The rules are the same as in the game for 14 players, except that—

1. The value of a goal is reckoned from the number of consecutive passes from one base to the next which terminate at the goal base. One point is scored for each pass. A goal from a pass direct from any base scores one point.

2. A complete round of passes from one corner base to the other scores a point for each pass.

3. There are two fielders on each side, instead of one.

Variation.—The ground is marked out as shown in diagram 3. Instead of the centre line, a neutral ground, three feet wide, separates the two halves of the ground. There are no fielders. The guards on each side are one less than the number of bases, and may move anywhere on their own side of the neutral ground.

To start the game, and to re-start it after a goal, the guards line up each on their own side of the neutral ground, and the ball is bounced between them. To secure the ball, the guards may cross the neutral ground, but as soon as the ball is secured by either side all the guards must return to their own territory and may not touch the neutral ground until the ball is again bounced in it.

The basemen may not step outside of their bases, except the captain, who may step out with one foot to catch the ball. If he does so he cannot score a goal, but has the right to throw the ball to one of his basemen without interference from the guards.

Circle Bounce Ball.

A skilled group game for advanced players.

Requirements.—A tennis ball and a chalk circle of about 4-5 feet in diameter for each group of players.

Description.—The players are divided into groups of four, who assemble round their respective circles. The game consists in pat-bouncing the ball into the circle from one player to another, the players trying to keep up as many continuous bounces as possible without actually catching the ball. The nearest player takes the ball, and to keep it in play must hit it at the first rebound so as to bounce within the circle. This game trains quick judgment and neat arm and foot movements.

Development.—When the pat-bouncing movement is learnt, two of the players in each group may play against the other two. In this case each side takes the ball alternately, and the aim of the players is to make it difficult for their opponents to return the ball into the circle. This may be effected by giving strong slanting shots, which in rebounding go far outside the circle, or by varying the strength of the bounce so that the ball rises at widely different heights from the ground.

Players must be ready to move aside to allow their opponents to return the ball; any unintentional obstruction is counted a "let."

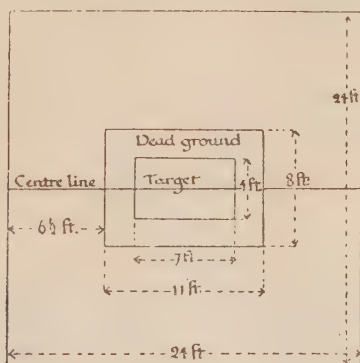
Scoring.—Any failure to return the ball into the circle scores one point to the opposing team.

Vrille.

A skilled game for advanced players, three a side.

Requirements.—A small football or net-ball, or a tennis ball.

Description.—A ground 24 feet square is marked out, a target 7 feet by 4 feet, and a dead-ground 2 feet broad surrounding the target are placed centrally in the square; a centre line divides the court, dead-ground and target into two equal parts.



(Diagram 3.)

The courts consist of the two halves of the ground less the target and dead-ground. The players may move anywhere in or outside their own courts, but must not touch their opponents' court or the dead-ground or target.

The object of the game is to bat the ball with the open hand or hands so that it bounces from the target into the opponents' court.

The Service.—The players of each team must serve in turn. The server must stand within his court, and may toss up the ball as in tennis, or bounce it. He must serve so that the ball bounces from the half of the target beyond the centre line and so as to land in the opponents' court.

The Play.—The service may be taken by anyone of the opposite team, who endeavours to return the ball before it touches his court. The ball must be returned in such a way that it hits any part of the target, and so as to land in the opposite court. The ball is returned to and fro in this way by any player until the end of the rally. If the serving team win the rally, they score one point, and

the next player of that team serves, and so on. If the receiving team wins the rally the service passes to them, but they do not score a point.

The team which first scores 21 points wins.

If their opponents do or fail to do any of the following things the serving team score a point or the receiving team secure the service :—

1. The serving team not serving in turn.
2. Not bouncing the ball correctly in the target.
3. Bouncing the ball correctly in the target but so that it falls outside the opponents' court.
4. Allowing the ball to fall into own court.
5. Touching the opponents' court or the dead-ground or target with the person.
6. Holding, throwing or scooping the ball and not batting it with the open hand.
7. Any other violation of the rules.

Saddle the Nag.

Active game for boys.

Description.—This game is similar to leap-frog, and can be played by two equal teams. One team forms the nag as follows: one player stands with his back against a wall, another facing him bends forward, places his head or shoulder against the body of the other, and holds him round the waist; the other players tail on behind, each tucking the head well down at the side of the next in front, holding him round the waist and bracing his shoulder against him.

When the nag is formed, the riders running from behind leap-frog one after the other on to its back; the first rider trying to jump as far forward on the nag as possible, and the others close up to one another. When all are up, those forming the nag, by bucking, jumping and shaking, but without losing hold of each other or raising their heads, endeavour to dismount the riders while the Play Leader counts fifty. If a rider touches the ground with any part of his body the nag has won and scores a point, and the teams change places. If no rider is unseated the riders score a point and the game is repeated without change of teams. If there is not room for all the riders to mount, which happens when the first riders do not jump far enough along the nag, the nag scores a point and the teams change places.

Points for the Play Leader.—This game should not be played until the boys have learnt in leap-frog to take off properly with both feet in jumping, and to swing the legs well apart in going over. Those forming the nag should keep their heads well down out of the way of being kicked.

B. ACTIVE GAMES FOR UNLIMITED SPACE.

Imitative Play.

Active game for young children, giving scope for wide range of movement.

Description.—The children scatter about the playground or room. The Play Leader calls the name of any familiar animal, bird, machine or occupation, and the children imitate as they like; the suggestions should be varied so as to obtain exercise for all parts of the body. As soon as the children realise that this is a game of "Let's pretend," they will themselves have plenty of ideas to suggest.

The following are some of the more obvious types of activity :—

1. *Animals :*

Horses : trotting, walking, cantering, galloping.

Rabbits : bunny jump.

Kangaroos : jumping.

Tortoise : slow moving.

Lions, Dogs, &c. : running on all fours with distinctive cries.

Sheep : walking one behind the other.

Cats : stealthy creeping.

Grasshopper : sudden springs.

Frog : squat jumping.

2. *Birds :*

Crows, Rooks, Ducks : squat walking.

Robins, Sparrows, &c. : hopping and flying.

Hawks : hunting and swooping to catch their prey.

Storks : standing on one leg.

3. *Machines, Occupations, &c. :*

Windmills, aeroplanes, bicycles, rowing boats, hammering, digging, sweeping, jack-in-a-box.

Points for the Play Leader.—1. To see that the activity, whatever it may be, ensures free movement.

2. To maintain interest and activity without overtaxing the strength of small children, *i.e.*, give short spells with repetition rather than continuous movement.

3. To ensure that the movements are spontaneous and free, and that the children are impersonating the thing according to their own ideas, and not merely imitating.

Chasing Leader.

Simplest form of Touch. Suitable for cold weather.

Description.—The children scatter in the playground, and at a given signal all try to touch a flag, handkerchief, rope, &c., which the Play Leader holds in his hand while dodging in and out among them.

The game demands an effort to achieve a definite object, and is therefore an advance on games of pure pretence and imitation.

Points for the Play Leader.—1. To encourage all the children to enter into the chase.

2. To arrange to be "caught" before the children are tired or their interest flags. Short spells of running with pauses are the best.

Development.—If used for older children the game changes its purpose, and becomes a test of the individual's skill in dodging a number of people.

First to Pick up Balls.

Free, active running game, suitable for any number.

Requirements.—A number of small balls or other articles which will roll along the ground.

Description.—The Play Leader stands within a small chalk circle in the centre of the ground and the children scatter round the playground some distance away. The Play Leader rolls balls in every direction, and the children immediately run to pick them up and return them to the centre.

Points for the Play Leader.—To see that all try to get balls, and that children do not knock each other down when running for the same ball.

Development.—The children group themselves round the chalk circle and the Play Leader rolls the balls as before. The children run after them, pick them up and return them to the circle and the Play Leader rolls them away again. In this form of the game the object is to return the balls so quickly that the Play Leader is never without a ball.

All Trying to Kick Balls.

Active game suitable for any number of young children.

Requirements.—Several large rubber balls or small footballs.

Description.—The leader stands in the centre of the ground and the children place themselves anywhere near the ends of the ground. The leader rolls the balls in every direction towards the children, who all try to kick a ball back to the centre.

Development.—Older children may be grouped into two or more teams, and one ball rolled to each. The object of each team is to be the first to kick its ball to the leader.

Bogey Ball (racing the rolling ball).

Free, active running game for any number of children

Requirements.—Football.

Description.—The children collect at one end of the playground. At a given signal all start running to the opposite end and the leader rolls the football after them. The object of the game is to reach the opposite end of the playground without being overtaken by the ball.

Point for the Play Leader.—The use of a ball is not essential, as the same idea, that of reaching a goal before being overtaken, may be used in other ways. For instance, the leader himself may become the pursuer.

Development.—The game with the rolling ball may be played with children of any age, and develops into an amusing "Race against Bogey" if accurate judgment of distance and speed is used in the rolling.

Mother Bird.

For any number of young children.

Description.—One child is chosen to be the Hawk, and another child, or the Play Leader, the Mother Bird. The children are divided into several groups, each group choosing the name of a bird. The groups are then given separate places at one end of the playground, or, if the children are old enough to remember their bird names, they may all stand together in an irregular group. In one corner at the other end of the playground a home is drawn, large enough to contain all the children, in which the Mother Bird stands. In the other corner a small home is drawn for the Hawk.

The Mother calls for each group in turn to come home to the nest; the children run home and the Hawk catches as many as possible, and places them in its home, where they remain prisoners.

With very young children it is advisable to have one kind of bird only.

Black Peter.

For any number of young children.

Description.—The children form a line at one end of the playground; Black Peter, a little distance in front of them, walks up and down asking "Who's afraid of Black Peter?" The children answer "I'm not" until Black Peter suddenly says "Yes, you are!" then the children try to cross the playground while Black Peter chases them. Anyone caught has to help Black Peter to catch the others. With older children the catchers may join hands and form a line. Only the end players are allowed to catch, but the others may try to prevent the runners from slipping under their arms and getting away.

Sheep, Sheep, Come Home.

A running game for young children.

Description.—The shepherd at one end of the playground calls to the sheep at the other end "Sheep, sheep, come home," The sheep answer "We can't."

Shepherd : "Why ?"

Sheep : "The Wolf's about."

Shepherd : "Oh, no ! oh, no ! the Wolf's away, and won't be back for many a day. Come !"

The sheep run for home and the Wolf, who has preferably been in hiding, chases them.

Swing Up, Swing Down, Swing Under.

For any number of players.

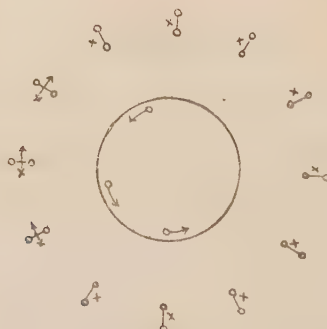
Requirements.—A circle indicated by chalk marks.

Arrangement.—*A.* A number of couples, with long spaces between them, form a circle round the chalk circle, and so placed that the distance between the couples is equal to their distance from the chalk circle. In each couple the players, one of whom stands with his back to the centre, face each other and join both hands.

B. A third player, facing clockwise round the circle, stands beside each couple, and clasps with both hands the joined hands nearest him.

C. Two or more odd players stand in a chalk circle in the centre.

Description.—The players say all together "Swing up, swing down, swing under," the *B* players meanwhile swinging the clasped hands while the *C* players walk or run round counter-clockwise inside their circle. At the word "under," which should be emphasised, the *B* players pass under the clasped hands and run on to the next couple, while the *C* players run out of their circle and try to get a place.



(Diagram 4.)

Cross Tag.

Free, active game for any number of players.

Description.—The “He” chases a particular player as in ordinary “Touch”; but if another player runs across between the “He” and the one being chased, the “He” must immediately chase the newcomer instead. The game cultivates dash, initiative and perseverance.

Points for the Play Leader.—1. To keep the game going, two or more “He’s” may be employed.

2. Attempts to save a fellow-player from capture by crossing should be made as frequently as possible, but the children should be encouraged to use their discretion as to whether this may be done safely or not. Some children will run across simply with a view to being caught.

Hopping Touch.

Free, energetic game for any number of players.

Description.—The game is played in the same way as ordinary “Touch,” except that players must hop on one leg both in catching and escaping. They may change the leg as often as they like while hopping, but both feet may touch the ground only when the “He” is not in the neighbourhood.

Points for the Play Leader.—1. In catching, the “He” should be encouraged to pretend to go for one player, and then dart for another.

2. The game is somewhat strenuous, and undue fatigue on the part of the players should be avoided.

Variations.—1. *Double Jump Tag*: The players must hop with both feet together.

N.B.—It is not necessary that the “He” and the players should be handicapped in the same way, *e.g.*, the “He” may hop on one leg while the players hop on two, or *vice versa*.

2. *French Tag*.—The player must hold the part of the body on which he was touched.

3. *Birds and Cats*: The birds hop in “Knees full bend” position, and the cat goes on all fours.

Races.

Races can be arranged in various ways to suit different conditions (*see page 9*). The action may take a variety of forms, for example:—

1. Running.
2. Walking.
3. Skipping step.
4. Hopping.
5. Galop step sideways, or slip step.
6. Jumping with both feet.

7. Rabbit jump forward.
8. Walking or running in "Knees bend" or "Knees full bend" position.
9. Running sideways.
10. Running backward.

N.B.—The last is suitable only for advanced players with good balance.

Free and Caught.

Free active game for a large number of players, adaptable to any space.

Description.—Two or more "He's" are chosen and the other players scatter round the playground. The "He's" tag as many as they can. When touched a player must stand still until released by a touch from one of the free players. The object of the game is for the "He's" to get everyone standing still, or as many as possible in a given time, while all the free players try to prevent this without themselves being touched.

Points for the Play Leader.—The "He's" may work on some concerted plan, watching and frustrating the movements of the free players.

Variations.—The game may be played with the "He's" running and the rest hopping, or all hopping, or those touched may take "Knees bend" or "Knees full bend" position, or the privilege of setting free may be limited to certain players.

Hands Joined Tag.

Free, active game for any number of players.

Description.—This is a variation of ordinary chain touch. The "He" starts with his hands clasped together, and whoever he touches must join *both* hands with his to form a ring, and so on as many as are caught. The "He's" are handicapped in this game, as some of them will have to travel backwards or sideways while chasing. Players are caught if touched by any part of a "He's" body, but not if his hands are unclasped.

Points for the Play Leader.—1. The "He's" should go steadily or falls may occur in running backwards.

2. With a large number of players two separate "He's" should be used, as they are better able to keep everyone moving. As the two "He" groups increase in size, they may work together in blocking the players they want to catch.

Ball Touch.

Free, active game for 20-25 players skilled in throwing and dodging.

Description.—The game is similar to ordinary Tag, except that the “He” tags by throwing and hitting players with a small rubber ball.

Points for the Play Leader.—1. Before this game is introduced children should be able to play the simple form of Tag keenly and well, and should have previous practice in throwing.

2. The game can be played first with a bean-bag ; this is easier but less interesting.

3. The players should not turn their backs on the “He,” but rely on jumping or dodging to avoid being hit.

Variations.—*Ball Touch Knock-Out* : This is a more competitive form of the game, in which, after either a successful or unsuccessful shot, the nearest player may secure the ball and try to hit as many as he can. When hit, a player must stand out. The game continues until only one is left in. Quick judgment is needed to decide whether to go for the ball with a view to hitting a player out, or whether another is more likely to secure the ball, when the better policy is to get away.

Football Touch Knock-Out : Both of the preceding games can be played with a football, the “He” endeavouring to tag the player by kicking a football at him.

Corner Ball.

Active team game for 20 to 40 players.

Requirements.—A small football or net ball.

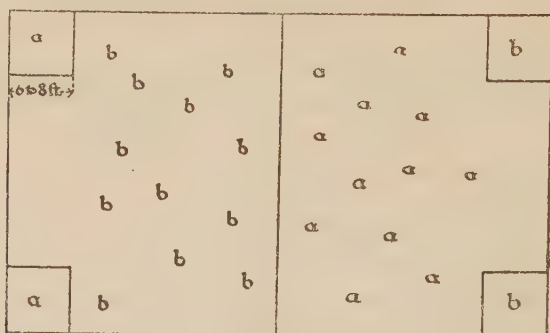
Description.—The ground is divided into two equal courts by a line across the centre, and a small square goal is marked off in each of the four corners. The players divide into two equal teams, which occupy the opposite courts, with a goalkeeper in each of the goals on the opponents’ side. The teams may not cross the centre line or enter their opponents’ goals.

The object of the game is to throw the ball over the heads of the opponent team to either of the goalkeepers.

If the goalkeeper, while standing wholly within his goal, catches the ball he scores a point for his team ; if he catches the ball when he has one or both feet outside the goal, the ball goes to the opposite team, who are allowed a free throw to goal. A goalkeeper, having caught a ball fairly, must immediately throw it back to his own team over the heads of his opponents. The opponents try to intercept the passes to or from the goalkeepers, and to throw the ball to their own goalkeepers. If a player crosses the centre line in making a

shot at goal or enters a goal in trying to intercept a pass, the opposite team are allowed a free throw to goal.

The first team to score 20 points wins.



(Diagram 5.)

Points for the Play Leader.—The players may stand anywhere in the court, but should take care that the goals are well guarded by players who can jump. Throwing to goal should be done without hesitation, so as not to allow time for the opposite team to crowd round the goals in order to intercept the pass.

Skittle Guard.

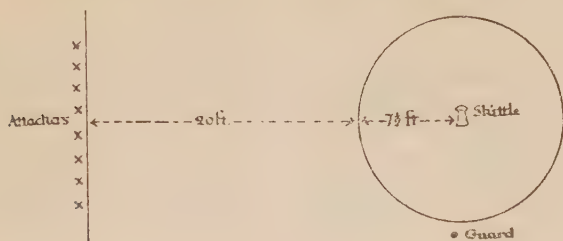
Active game for any number of players.

Requirements.—A bean-bag for each player; a skittle, Indian club or short length of scaffold pole.

Description.—A circle about 15 feet in diameter is drawn on the ground, in the centre of which is placed the skittle. The player chosen as the guard places his bean-bag on top of the skittle and then takes up a position on the edge of the circle. About 20 feet from the skittle a straight line is drawn, on which the remainder of the players form up, facing the circle. These are the attackers.

At a given signal the attackers at once throw their bean-bags at the skittle; if the skittle is knocked over all the attackers run to pick up their bags and return to the throwing line; at the same time the guard runs to replace the skittle with his bag on top, and having done this he may tag any attacker who may be inside the circle. The one tagged becomes the guard. If an attacker, to avoid being tagged, leaves the circle without recovering his bag, he must return to the throwing line and run on the next occasion; meanwhile his bag is placed by the guard close to the skittle, thus making

it difficult for him to avoid being tagged ; if he refuses twice, his bag may be picked up by the guard, thus putting him out of the game.



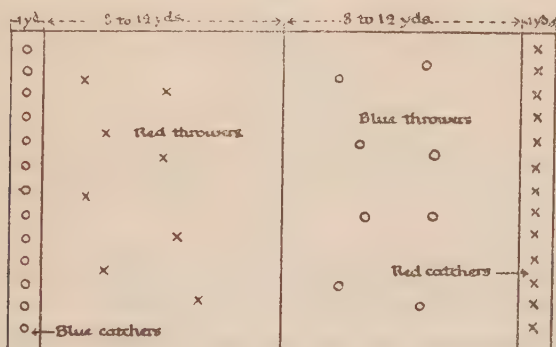
(Diagram 6.)

End Ball.

Active team game for any number of players.

Requirements.—A small football or net-ball.

Description.—A ground is marked out 18 to 26 yards long and of a breadth proportionate to the size of the teams. The ground is divided into two courts by a line across the centre, and each court is subdivided into a fore-court and an end space by a line drawn one yard inside the back line.



(Diagram 7.)

The players divide into two teams, Red and Blue, and six, eight or more throwers, according to the width of the court, are chosen from each team. The throwers occupy the opposite fore-courts, while the catchers line up in the end spaces on the sides opposite to

the throwers of their own teams. The width of the court should allow of the catchers, standing fairly close together, covering the whole length of the end spaces. No one may cross a line during the game, except when the ball goes out of the court.

The game is started by the Play Leader throwing the ball from the side line so that it bounces in the centre. The object of the throwers is to secure the ball and throw it full pitch to their catchers. A point is scored when the ball is caught full pitch by a catcher standing wholly inside the end space. No point is scored if the ball has first touched the ground or the catcher steps out of the end space. After scoring a point, the catcher throws the ball back to his own throwers. If a catch is disallowed, the ball is given to the opposite side for a penalty throw.

A thrower may not bounce the ball, and must throw it from the spot where he secured it. The opposite throwers try to intercept the pass to the catchers, or the pass from a catcher who has scored a point.

When the ball goes out of the court over a back line, a thrower on that side of the ground recovers it, and, standing on the back line, throws it to one of his own throwers. When the ball goes out over a side line, a player in the space from which it went out recovers it and, standing on the side line, throws it to one of his own throwers.

Penalty.—For any infringement of the rules a player from the opposite team has a throw from the centre line to his catchers.

Live Goal.

Active team game for 20 to 60 players.

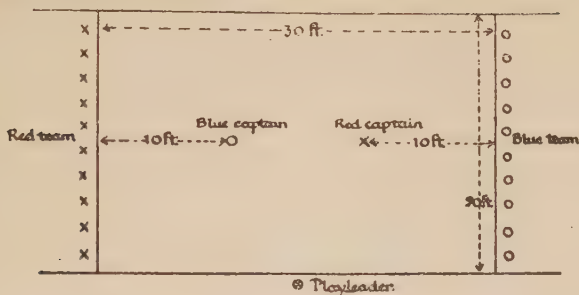
Requirements.—A football; a court about 30 feet by 20 feet (or larger according to the size of the teams) marked out by lines.

Description.—The teams form up on opposite end of goal lines, distributed evenly along the lines, the Captain of each team standing on a mark 10 feet in front of the centre of his goal.

The Play Leader at the centre of one side line, throws the ball so that it bounces between the Captains, who run and try to score a goal by kicking the ball over the heads of the opposite team.

The players on the goal line try to save the goal by batting the ball with their hands back into the court. They must not step into the court. If the ball goes out of the court across the side lines it is put in play again by the Play Leader, with the Captains on their marks.

The team which first scores 10 goals wins.



(Diagram 8.)

Three-Legged Tag.

Game of skill for any number of players.

Description.—The players work in couples with inner legs tied together with handkerchiefs or bands. One couple is chosen as "He," and chases the others as in ordinary "Touch." The game is suitable only for players who are fairly sure on their feet.

Bombardment.

An advanced game of skill for two teams, requiring little change of position.

Requirements.—One or more small footballs or large rubber balls. A number of targets, such as Indian clubs, ninepins, etc.



(Diagram 9.)

Description.—The targets are set up about one yard apart, at each end of the ground. A centre line is drawn, on either side of

which the opposing teams remain throughout the game. A certain number of players from each team are chosen as defenders, the remainder are attackers and place themselves along the centre line. Each team is given one or more balls, and at a given signal the game starts by the attackers aiming at their opponents' targets. The defenders try to intercept the balls and feed their own attackers. When a target is knocked down it may not be replaced. The team which has the largest number of targets standing when time is called wins the game.

Points for the Play Leader.—The players should be encouraged to look for the most suitable target to attack, and to deceive their opponents by feints.

Variations.—1. A large number of targets is not necessary. If there are only a few available, each hit may be scored as it occurs, and the target replaced in an upright position.

2. Each attacker may be provided with a tennis ball or bean-bag. In this case there is some risk of unpleasant hits if the shots are hard, but the game is more exciting and perfectly safe if well controlled and the shots kept low.

Team Bounce Ball.

Active game of skill for teams.

Requirements.—A small rubber ball, a rectangle about 50 feet by 30 feet marked by chalk lines, some low forms placed across the centre of the rectangle so as to divide it into two equal courts.

Description.—The players divide into two equal teams and place themselves in either court so as to cover the whole space.

The game consists in pat-bouncing the ball over the forms from one court to the other, either team scoring a point if their opponents fail to return it.

Rules.—1. The ball is served from the back line of the court by one player bouncing it to one of his own team nearer to the line of forms, who bounces it to another or takes a shot across the forms. The team winning a point starts the service again.

2. The ball is in play as long as it is kept bouncing; it may be bounced by one player, or from one player to another of the same team, as many times as may be required to get it into a good position for aiming over the forms.

N.B.—Accurate aim is more easily taken when the ball is bounced high and close to the forms, but with practice skilful slanting shots can be made from further back in the court. The back line men should be resourceful players, as they have to keep the ball in play after hard shots from their opponents' court.

3. If a ball is caught, rolls on the ground, or hits a player, a point is scored by the opposite team.

4. If the ball bounces outside the back or side lines it is dead, and a point is scored against the side which put it out.

5. The first team to serve may be decided by the Play Leader or by tossing, as in other athletic games.

6. The team that scores 30 points first is the winner.

Points for the Play Leader.—1. Lighting, obstacles, position of walls, etc., should be taken into account, and rules framed to equalise conditions for both sides as far as possible.

2. The players should be taught to keep the ball bouncing and to get it under control before trying a shot across the form.

3. Pat-bouncing practice, relay race, and bouncing hop-scotch may be used to lead up to this more advanced game.

Riders and Horses.

Active game for any number of elder boys.

Requirements.—A football.

Description.—The players form up in two ranks, sized from right to left, so that the boys in the rear rank are about equal in weight and height to those they stand behind. The front rank boys are the ponies, the rear rank boys the riders. The riders then place their hands on the shoulders of the ponies, and the couples form a circle, with fair-sized intervals between them. The ponies stoop down and raise their riders on their shoulders, the riders passing their feet backwards under the ponies' arms. The ball is then thrown from one rider to another in any order, the ponies endeavouring to prevent their riders from catching or throwing by continually turning from side to side or round about. When a rider misses the ball, all the riders dismount and run for safety, the ponies retaining their positions. The pony belonging to the rider who missed the ball, picks up the ball, stands still, and cries "Halt!" The riders halt at once. The pony then throws the ball at one of the riders, who may dodge it as best he can without moving his feet. If he is hit, ponies and riders change places and the game continues. If he is not hit, the riders remount.

Points for the Play Leader.—The ball should not be held by any rider, but be tossed from one to another without delay.

Variation.—The riders may be carried pick-a-back instead of on the shoulders of the ponies; the game is then suitable for younger players.

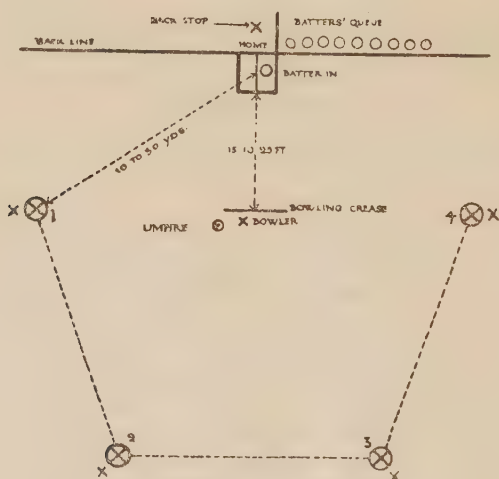
Rounders.

A team game for 9 to 15 players a side.

Requirements.—A tennis ball or other soft ball; a small bat (or the hand) may be used for batting. For match play a tennis ball

should be used, and the maximum dimensions of the bat should be, length, 24 inches ; width of blade, $3\frac{1}{2}$ inches.

Description.—The ground is arranged as shown in the diagram. The home and bases are marked out on the ground in the form of a pentagon, and are spaced 10 to 30 yards apart according to the size of the ground and the skill of the players. The home is a 6-foot square, divided into two equal parts by a line at right angles to the back line. The back line may be prolonged indefinitely. The bases are circles, preferably white discs, two feet in diameter ; these are shown in the diagram by crossed circles, and are numbered in their order. A bowling crease, one yard long, is drawn 15 to 25 feet in front of the home.



(Diagram 10.)

The positions of the batting team at the beginning of an innings are shown by small circles. The first batsman stands in one side of the home, ready to bat ; the others line up on one side behind the back line, ready in turn to occupy the home as soon as the preceding batsman leaves it.

The positions of some of the fielding side are shown by crosses (those of the out-fielders are not shown). The bowler stands behind the bowling crease ; a back-stop is posted behind the home ; an infielder, or base-guard, is posted at each base, and should be a smart catcher ; the out-fielders are dispersed about the ground to field the ball when struck, and to throw it to the base-guard who has the best chance of putting out a runner.

An umpire is required. He stands on the left of the bowler, and may keep the time and the score. His decision is final, and is

given without an appeal. For match play two umpires are desirable, one to watch the bowling, the other the bases.

The object of the game is to make rounders. A rounder is made by each player who reaches fourth base ; if he does this in one run from the home he scores four points, otherwise one point.

The bowler delivers the ball underhand. In delivering the ball the bowler must not cross the bowling crease ; he must pitch the ball above the knee and below the shoulder of the batsman, and within the limits of that half of the home not occupied by the batsman, otherwise the ball is " bad " and the umpire calls " no ball." If the bowler sends three " bad " balls, the batsman is entitled to take one base, those on bases moving on one base as necessary, to avoid having two runners on one base.

The batsman must stand wholly within one-half of the home until the ball is delivered ; he may strike at any ball, " good " or " bad," but need not run if the ball is " bad." He must run as soon as he has struck a " good " ball, dropping the bat and running to first base. He may continue running to second, third or fourth base, but must pass over or outside of each base on the way, or he is out.

A player running to any base must touch it before any fielder touches it with the ball in hand, or he is out. A player having left his base with the intention of running may not return, but must proceed to the next base. One runner only is allowed at a base at once ; if there be more, all but the last to arrive shall be out. Any player on a base may run for a hit or for an overthrow to base-guard, and may be put out as described above. The ball is " dead," and no more runs may be made after the ball is finally held by any base-guard standing at a base.

If a player is obstructed in his run to a base by a player of the opposite side, he shall be entitled to that base in all circumstances.

If the batsman strikes the ball so that it goes behind the back line or the back line prolonged, he is out, and any other player who ran for that stroke shall return to the base he occupied when the ball was hit.

A player who is put out retires behind the back line and is out for the remainder of that innings, except that when a batsman scores a rounder in one run from the home he puts in one of his side who is out.

A player on fourth base remains there until the next stroke, when he returns to the batsmen's *queue*, and cannot be put out while doing so ; but if there be no one to occupy the home he must run for home, and may be put out as if running to a base ; if he is put out in this way, all his side are out and the teams change places. All the batting side are also out if at any time there is no one to occupy the home, or if a batsman is clean caught.

The team which scores the highest number of points in a pre-arranged time or number of innings wins.

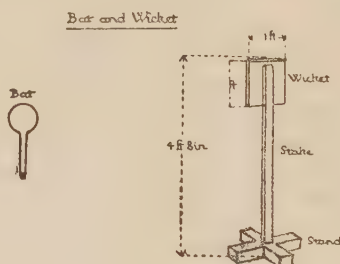
Stool Ball.

Advanced team game for 22 players.

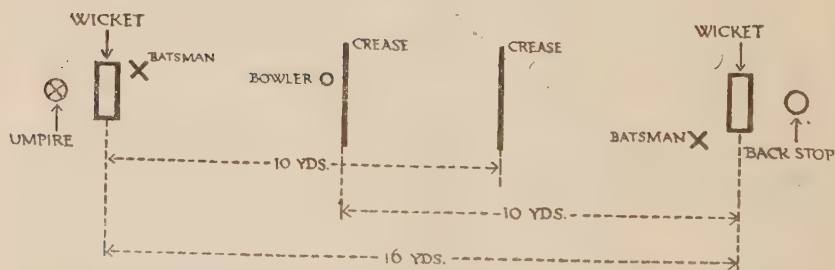
Requirements.—*Two wickets* : The wicket is a board 1 foot square, which is mounted on a stake driven into the ground or supported on a stand ; the top of the wicket is 4 feet 8 inches from the ground (for junior players 4 feet 4 inches), and the top of the stake must be not less than 1 inch below the top of the board. The wicket consists of the face and edge of the board only ; the back of the board and the stake do not count, and a batsman cannot be put out by a ball striking these parts.

Two bats : A short bat of the shape of a fives bat, with a sound head not more than $7\frac{1}{2}$ inches in diameter. The bat may be of one piece, but a bat of willow with a cane handle made for this game is the best.

A ball : A tennis ball, but any ball smaller and softer than a cricket ball may be used.



PITCH



(Diagram II.)

Description.—The wickets are set up 16 yards apart, and a bowling crease, not more than 1 yard long, is marked 10 yards in front of each wicket. There is no popping crease.

The players divide into two teams ; the team that wins the toss sends in two batsmen, the other team provides two bowlers (the one not bowling acts as the wicket-keeper) and fielders disposed as in cricket, except that a long-stop is not usually needed, nor a long-leg

if the bowling is straight. A long-slip is an advantage if a batsman is hitting the ball with a back-handed stroke.

Two umpires are required, one at the bowler's end, standing just behind the wicket, the other at square leg. The umpires are the sole judges of fair and unfair play, and all disputes are settled by them, each at his own wicket. In any case of doubt on the part of an umpire he may ask the other umpire to give an opinion, which opinion is decisive. The umpires may not give a decision without an appeal.

The bowler bowls full pitches underhand, and as fast as he pleases ; but he must not throw or jerk the ball, and must have at least one foot on the ground behind the bowling crease when he delivers the ball, otherwise the umpire calls "no ball." There are no wide balls.

The balls are bowled in overs of 10 balls (or as otherwise agreed) to each wicket alternately. When 10 balls have been bowled, and the ball is finally settled in the bowler's or wicketkeeper's hands, the umpire calls "*Over!*" A "no ball" is not counted as one of the "over."

If a run is attempted the bowler should go to the wicket behind him, in case the ball is thrown to his end.

The batsman must touch his wicket on commencing his innings. He may hold the bat in either hand. If he should drop his bat, he is in his ground if he touches the wicket with his hand. The batsman at the bowler's end is in his ground if he can touch his wicket with his bat in hand. There is no hit-wicket.

The batsman is out when bowled, caught, run out, or body before wicket (b.b.w.). There is no stumping. The batsman is run out while running or preparing or pretending to run (i) if the ball is thrown so as to hit his wicket ; or (ii) if one of the opposite team with the ball in hand touches the wicket before the batsmen touches it with hand or bat, or before part of the hand or bat is level with or past the face of the wicket. If in running the batsmen have crossed each other, he who runs for the wicket which is struck by the ball is out. The batsmen should keep to the left in running, to avoid colliding with each other or with the bowler.

The batsman is out b.b.w. if any part of his person stops the ball which in the opinion of the bowler's umpire would have hit the wicket.

Scoring.—If the ball, not having been called "no ball," passes the batsman without touching his bat or person, and any runs are obtained, the umpire calls "*Bye!*"

If "lost ball" is called, the batsman is allowed four runs, but if more than four runs have been made before "lost ball" is called, the batsman scores all the runs that have been made.

A batsman being run out, the run which was attempted is not scored. A ball being caught so that the batsman is out, no run is scored.

Other rules.—On all points in stool ball for which there are no special rules, the laws of cricket, as far as possible, hold good.

Hand Ball.

Active team game for 12 to 30 players.

Requirements.—One full-size football; a ground not less than 75 feet by 50 feet, with a goal at each end formed by jumping stands, posts, chairs, &c. A line is drawn between the goal posts and a rope stretched across them, preferably not less than $4\frac{1}{2}$ feet from the ground. The goals may be chalk marks.

Description.—The game is played in accordance with the rules of Association football, but the ball is propelled with one hand instead of being kicked.

Starting.—To start the game the ball is placed on the ground and is propelled towards the opponents' goal by the centre forward, all other players standing five yards clear.

Playing.—The ball is propelled by blows with the flat of one hand; it may not be scooped, thrown, or carried, and in no case may it travel more than shoulder high.

Scoring.—A goal is scored when the whole of the ball crosses the goal line between the posts. Each goal counts one point.

Corner.—The player, standing behind the line, shall bounce the ball on the ground and knock it into play.

Knock-in.—When the ball crosses the side-line the player shall return it to play as above.

Goal Knock.—When the ball has gone behind the goal line the goalkeeper puts it into play in the same manner as above, from three yards in front of his own goal.

- Fouls.*—(a) Holding, tripping, or charging an opponent.
 (b) Kicking the ball or stopping it with the feet.
 (c) Moving with the ball above the hand.
 (d) Punching the ball with the fist.
 (e) Dribbling, except with one hand.
 (f) Throwing the ball, or scooping it from the ground, with one or both hands.

Penalty.—The penalty for all fouls is a free knock, taken from five yards in front of the offending team's goal. While the knock is being taken all other players, except the "knocker" and the goalkeeper, shall stand five yards clear of the ball and the goal. The goalkeeper shall remain in goal. Similarly, when corner, side-line or goal "knocks" are being taken, other players shall stand five yards clear.

GAMES ESPECIALLY SUITABLE FOR COLD WEATHER.*

Bouncing Balls.

An energetic jumping game for any number.

Description.—The children jump up and down continuously in imitation of balls bouncing. The bounces can be varied in height and arranged in a series; for example two low and one high. The jumping can be done moving slowly forward, sideways, etc.; hand-clapping may be introduced with the high bounce to add emphasis.

Point for Play Leader.—The Play Leader should avoid too long a period of continuous jumping.

Making a Big Noise.

Stimulating and warming exercise.

Description.—The children make as much noise as possible without using the voice. They may clap hands or thighs, stamp, jump, or do anything they like to increase the sound. As a change the children may do the same action as quietly as possible.

Point for the Play Leader.—To encourage the children to make strong, big movements.

Follow my Leader.

Active game for any number.

Description.—This familiar old game can well be applied and adapted to the Physical Training lesson. It is probably better for the Play Leader to lead it himself, as he can then more easily secure plenty of activity for all. The children, however, may be allowed to lead occasionally, as leading gives scope for originality.

As much variety of movement as possible should be introduced, and the leader should make use of the apparatus for fixtures in playground or classroom for scrambling over, etc.

Group Leading, or Steer the Ship.

For any number of young children.

Description.—The children form up in groups of six, eight or ten, with a leader at the head of each. The leaders may run as fast as they like in any direction, but must not lose any of their followers, nor run into other groups.

* See Games in Column III. of the Tables given in Chapter IV., "Syllabus of Physical Training."

Variations.—The groups may be given different kinds of activity, e.g., walking, hopping, galloping, trotting, moving backwards (difficult), etc.

Point for the Play Leader.—To see that all have turns at leading.

What is the Time, Mr. Wolf ?

A running game for young children.

The "Wolf" walks about the playground, followed by the children in an irregular group.

A spokesman for the children (or all in chorus) asks: "What is the time, Mr. Wolf?" The Wolf answers, giving any hour of the day. The question is repeated, when suddenly the Wolf says "Dinner time!" and turns round and chases the children.

Whistle Race.

A vigorous running game.

Description.—The players form up in a straight line at one end of the playground. At the whistle they start to run towards the other end; if the whistle is blown again before any of them reach this wall they must turn and race for the wall from which they started. The whistle may be blown three or four times at the discretion of the Play Leader, and each time the player must turn and race in the opposite direction. Eventually a player touches a wall and the race is ended.

Points for the Play Leader.—The players must keep moving the whole time; no one should be allowed to wait near a wall with the idea of achieving first touch.

Crusts and Crumbs.

Description.—The players form up in two lines facing each other, not more than four feet apart. Those in one of the lines are called Crusts; the others, Crumbs.

The leader, starting at one end of the line, calls out one of the names. He should roll his "r's" as long as possible, so that the children are kept in suspense as to which side is going to be named. If "Crusts" is called, the Crusts run away and the Crumbs chase them. Any caught before they pass a certain line, or touch a wall, have to change sides and become Crumbs. If "Crumbs" is called the Crumbs run away.

After a certain number of turns a count is taken to see which line has won.

Point for the Play Leader.—To see that the players come up to their places in line between each turn.

Variation.—"Black and White." A flat piece of cardboard or wood, coloured black on one side and white on the other, is spun into the air. If the black side falls uppermost the Blacks run away, and *vice versa*. A cube with two black, two white and two neutral surfaces

may be rolled along the ground. If the neutral side is uppermost all must stand still; if they move they are out of the game. This is useful in exerting a steadying effect on the players.

Giant Strides.

Active games for any number of players in cold weather.

Description.—The players form up in a long line with their backs against one wall of the playground, and all try to reach the opposite wall in as few springs as possible. This may be done in long, jumping strides, by jumping with both feet together, or by hopping on one leg. These latter varieties demand considerable spring, balance and endurance.

Point for the Play Leader.—To beware of slippery and wet surfaces, which may occasion falls.

Running Circle Catch.

Energetic game for a cold day for groups of from 12 to 20.

Requirements.—Bean-bag, football or rubber-ball.

Description.—The players run in a circle round the Play Leader. The Play Leader throws a bean-bag, football or rubber-ball to any runner, who catches it and throws it back to the Leader. The Leader then sends it to the next, and so on in turn all round the circle. The aim is to get round the circle without a miss. Players may then run in the opposite direction for a second round.

With a large number of players it may be desirable to change the direction of the running several times during the round.

A rest from running may be given by taking one or more rounds while the players stand facing the centre.

Points for the Play Leader.—Young children miss a good many catches, and to prevent the game dragging from this cause they should be trained to pick up and return the bag quickly, and then wait and regain their places as these come round in the circle.

Variations.—These should not be introduced until the children can play the simplest variety accurately and in good order.

1. The Play Leader, instead of progressing in turn round the circle, may pass the bag to anyone, so that all must be continuously on the alert.

2. The Play Leader may form a head and a tail to the line by leaving a rather larger space between two players; any player who misses a catch is sent to the tail.

3. Long and varied throws. The Play Leader at first should send fairly easy and direct catches, but later may increase the distance to be thrown by enlarging the circle. This will increase the space between the players and enable the Play Leader to send more difficult

balls, *i.e.*, high or low, quick or slow, placed either in front of, directly at, or even a little behind the child, so that he must dart forward or suddenly check his speed in order to catch the ball. In this variation it may be as well to throw in turn again or call the name of a player, otherwise it will not be easy to see for whom the ball is intended.

4. As soon as the catching is sufficiently sure, one of the children may throw from the centre. Smaller groups are preferable for this variation.

5. Catching with one hand only may be introduced into any of these variations.

6. The centre thrower is dispensed with and the players pass the ball across the circle, each time to a different player, until all have had the ball. This is a good preparation for team work in such games as Captain Ball, and requires observation and quick decision. The passing should be done without pauses.

7. If the Play Leader can keep two bean-bags going the interest of the game is much increased.

8. If played with a ball, the ball may be bounced to the different players by the sender, or bounced across the circle, dispensing with the middle man.

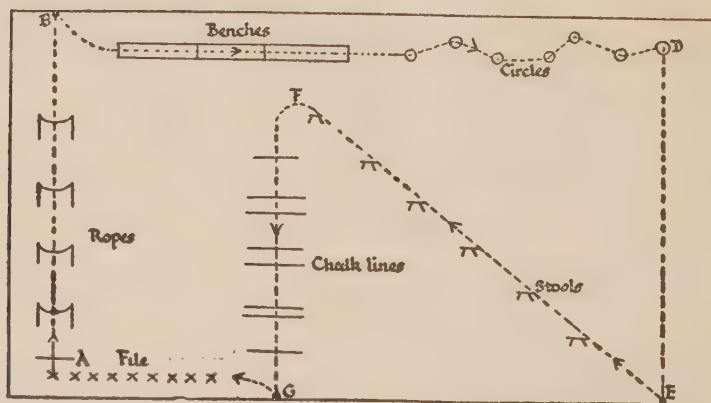
Time Race.

Active game for large numbers of players of any age in cold weather.

Description.—The players, graded approximately according to their athletic capacity, form up in one file, with the faster runners in the front.

The Play Leader and players quickly arrange a course suitable for the age of the players.

Example:—The players line up ready at starting point A and race over the course one after the other in the following manner:—



(Diagram 12.)

Track A-B Alternately jump over and crawl under a line of ropes to point B, or, if ropes are not available, leap-frog over one boy and crawl between the legs of the next, standing with feet astride.

B-C Run along a series of forms placed end to end, or along a narrow track marked on the ground.

C-D Spring from one chalk circle to another without touching the ground between.

D-E Run forward to E.

E-F Scramble on and off a series of stools or chairs placed in a line up to point F.

F-G Jump over chalk lines marked at uneven intervals between F and G.

Players touch-off at point G, and line up ready for next round.

The Play Leader keeps the time taken by the file to complete the course and reform at the starting point. Then a second round is begun and players try to beat their first performance.

Points for the Play Leader.—1. If space allows, two different courses may be marked out, one for the weaker and one for the stronger players.

2. Speed should not be insisted on until the players are familiar with the course.

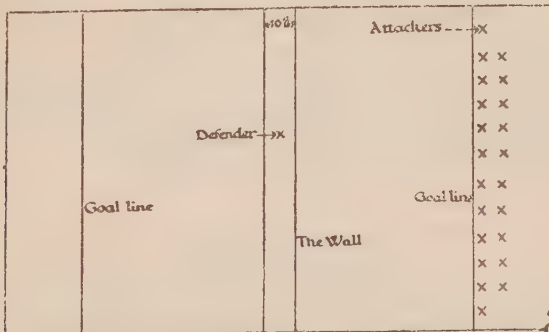
3. Competition may be introduced, two or more teams running the same course, one team at a time; the team which completes the course correctly in the shortest time is the winner.

Chinese Wall.

Active game suitable for any number of players.

Description.—The wall is marked by two lines, 10 feet apart, drawn across the centre of the ground. A goal line is drawn at each end of the ground, parallel to the wall.

One player stands on the wall to defend it, the others stand behind one of the goal lines and are the attackers. When the defender calls "Go!" the attackers run and try to cross the wall to the opposite



(Diagram 13.)

goal without being tagged by the defender. The defender must not go beyond the lines marking the wall. Those tagged remain on the wall and help to defend it at the next run.

Team Passing.

Active team game for 20-30 players on a cold day.

Requirements.—A football, bean-bag or ball.

Red bands or some other distinguishing mark for one of the teams.

Description.—The players divide into two teams, and each player marks down one of the opposing team. The couples then space out to cover the whole ground. A football, bean-bag, or ball is thrown up by the Play Leader between any two opponents. The player who secures it passes it at once to another of his own side, who quickly gets free and passes again, and so on. The aim is to secure as many consecutive passes as possible. The Play Leader calls out the number of passes as they are made, noting the total reached in each series. Neither the capturing of the ball at the start nor the intercepting a pass scores a point.

Rules.—Players may not hold the ball for more than three seconds. If two hold the ball at the same time it must be thrown up between them and a new "break" started. All roughness should be penalised by giving the ball to the other team.

The team with the highest "break" within a given time, e.g., 5-7 minutes, wins.

Players should try to get away from their opponents in order to take or intercept passes.

This game is a valuable preparation for all team games. It includes both marking for defence work, and the darting free for attack or forward play.

Point for the Play Leader.—To see that the players do not crowd together, but spread out over the whole ground. Players should try to get away from their opponents in order to take or intercept passes.

Variations.—1. The game may be played by beginners with a bean-bag, as this is easier to catch. Good players may use a small ball; this travels fast and is more difficult to hold.

2. A still harder form of the game is played with hockey-sticks and ball, and may be used for the practice of passes, etc., in hockey. The name "Hockey Tag" is sometimes applied to this variation, but is somewhat misleading, as there are no goals to score.

Hopping Football.

Energetic game for 20-30 players in a space about 60 feet by 40 feet.

Requirements.—A football. Goals marked by chairs or jumping stands, with a chalk line between them.

Description.—This game may be played on the same general lines as football, but the players must be on one leg only and kick with the leg on which they are standing and not the raised leg. The players may change feet as often as they like, but must have only one foot on the ground when taking part in the game. Only the goalkeeper may use his hands.

In indoor play the side walls form the boundaries and the ball may be played off them. The end walls may form the back lines, and the ball may be played off them unless this gives too great an advantage to the attacking side, in which case the goalkeepers may take a free kick from the point where the ball touched the wall.

The teams may change sides immediately a goal is scored, or play seven minutes each way.

Points for the Play Leader.—1. The Play Leader should encourage the use of the outside players, and cross or zig-zag passing; with beginners there is a tendency for the ball to go up and down the middle, whereas unexpected shots from the side are more effective.

2. Players may be told to hold the raised leg if there is a tendency to kick with it.

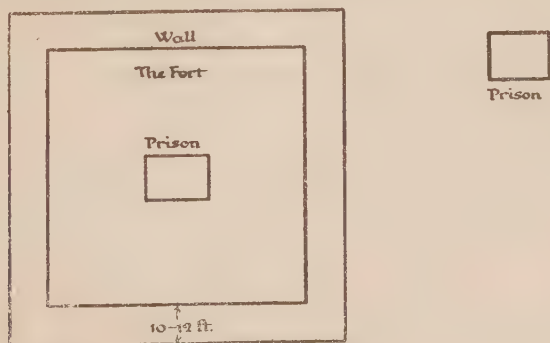
3. With beginners a fairly large goal should be used, as kicking is difficult.

Variation.—The game may be played with a tennis or rubber ball, and adapted to any space.

Storm the Fort.

Active game for any number of boys.

Description.—Two rectangles are drawn, one 10 to 12 feet inside the other, the space between them representing the wall of the fort. The fort may be square or oblong, to suit the shape of the ground, and its size is proportioned to the number of players, but should not be less than 30 feet on the square. Two prisons are marked, one in the centre of the fort, the other outside it.



(Diagram 14.)

The players divide into two equal teams, the attackers and the defenders, each under its own Commander-in-Chief, with Captains in charge of sub-divisions or companies if desired. The defenders man the fort and are disposed for its defence by their Commander-in-Chief; the attackers assemble outside, and, having received instructions from their Commander-in-Chief, begin the attack at a signal from him.

The battle is won (a) if the fort is taken by storm, which is accomplished when any attacker succeeds in crossing the wall into the fort (with both feet) without being touched by a defender. He then shouts "*Fort taken!*" or (b) by one side making prisoners of all its opponents. This is the method of siege. When a battle is won, the teams change places, and the game is restarted.

The primary object of the attackers should be to carry the fort by storm, either in the first assault or by weakening the defence through the capture of prisoners. The defenders can save the fort from being stormed by tagging the attackers while they have one or both feet on the wall. An attacker so tagged must withdraw outside the wall if he wishes to make another attempt at storming. Prisoners are made by either side pushing, pulling or carrying their opponents entirely off the wall to their own side. Wrestling on or dragging along the ground are not allowed; opponents must be on their feet or lifted clear of the ground. Contests for prisoners are between individual couples, and other players may not come to their help. It is therefore wise for a Commander-in-Chief to give orders that boys should attack opponents of their own size. Prisoners are placed in the prisons and are out of the game unless the Commanders-in-Chief arrange an exchange.

The attacking Commander-in-Chief may arrange a combined attack on one or more sides, or may hold one or more parties in reserve to be thrown at any weak point that may appear in the defence, or may feint at one point to draw off the defence from another, and thus secure an opening. He may withdraw his men at any time for a rest or to make new plans. Either Commander-in-Chief may ask for a truce by holding up a white handkerchief, which is accepted if the other Commander-in-Chief holds up a handkerchief. An exchange of prisoners may be arranged during a truce. A Commander-in-Chief, if captured, is replaced by his second in command, but his exchange can only be effected by releasing four enemy prisoners.

D. GAMES INVOLVING LITTLE CHANGE OF POSITION.

Closing, Opening and Turning in a circle.

Free movement for young children when space is limited.

Description.—The children join hands in a circle with the Play Leader, and all move in towards the centre, packing themselves as closely as they can; then they move backwards, making the circle as big as they can, and so on, forward and backward. The children may then move round to the left or right; or, dropping hands, turn round on the spot, clapping over their heads on every sixth or eighth beat.

Walking, running, skipping, hopping or jumping may be used, and may be accompanied by music or singing.

Point for the Play Leader.—To help the children to get the rhythm of the steps.

Variations.—1. The same formations may be used without holding hands.

2. If the space is long and narrow and it is impossible to form a circle, the same movements may be done in line formation.

Bean-bag Scramble.

A game for young children.

Description.—The children are divided into two equal teams, Reds and Blues.

The Play Leader, with as many bean-bags or balls as he can collect, stands with his back to the children, who spread themselves over the playground, Reds and Blues mixed together.

The Play Leader then throws the bean-bags and balls quickly, one after the other, backwards over his head in any direction, and the children try to get them. A count is taken to see which team has obtained the greater number.

Slap Jack.

Description.—The players stand in a ring with their hands raised in front of them, palms facing up. One player goes into the circle and tries to slap the hands of the others, who instantly drop their arms when they expect a hit. The middle player should dodge quickly about the circle, slapping with right or left hand, and sometimes only pretending to slap, in order to catch the unwary.

Rule.—The hands may not remain down, but must be raised again immediately after avoiding a slap.

Points for the Play Leader.—The game may drag if the number of players is large; to prevent this, two or more children can be sent into the circle, or several rings may be formed.

Variation.—The players stand in two ranks facing each other about three feet apart, and raise their hands to the height of the shoulders, palms down and arms somewhat bent. One player, with head bent forward, chin on chest, and eyes directed to the ground, then walks slowly between the ranks, as he passes the players slap him lightly on the back of the neck. If he can detect the player who slapped him, he changes places with him and the game continues.

Toss Ball, or Bean-bag Catching, or Teacher and Class.

Simple catching game for a warm day.

Requirements.—A ball or bean-bag for each team.

Description.—The children form up in a semi-circle round the Play Leader, who throws the ball to each in turn; the players catch the ball and quickly return it to the Leader. Later, the Leader may dodge in his passing and give high and low balls. When the children are sufficiently practised in these passes the game may be played. The ball is thrown to each in turn, as before, but anyone who fails to catch it must go to the end of the line.

Point for the Play Leader.—The players should have sufficient space between them.

Variations.—1. Later, one of the class may be chosen for the "teacher." If he misses a catch he goes back to the class, taking first place, and the player who threw the ball becomes "teacher."

2. One-handed throwing and catching may be introduced.

3. Speed may be encouraged by dividing the class into teams and letting them play against each other. The game is won by the team which completes the round first.

4. The game may also be played as a relay race between two or more teams. The first "teacher" passes the ball to each in turn. When the last player receives it he takes the "teacher's" place, the first "teacher" going to the head of the line and the whole line moving down a place. The new "teacher" then begins a new round, and the game continues until the first "teacher" is back in place.

Wandering Ball.

A game for large numbers on a warm day, giving practice in throwing, catching and intercepting.

Requirements.—Bean-bag or ball.

Description.—The players form a circle with one in the middle. A bean-bag is thrown across from player to player and the centre player tries to intercept it. The bag should be thrown quickly and the passes varied in height and direction. Feints should be made to deceive the middle player. If the bag is dropped it is picked up by the nearest player. When the middle player catches the bag he changes place with the one who threw it.

Points for the Play Leader.—1. To regulate the height of the passing, so that it does not become too difficult for the centre player.

2. To see that the bag goes to all parts of the circle.

Variations.—1. The game is easiest when played with a bean-bag.

2. With large numbers, two, three, or four players can be sent into the circle.

Ten Trips.

Catching game for a large number on a warm day.

Requirements.—A bean-bag or ball for each team.

Description.—The players form up in teams of three. The players of each team stand in a line with each other, and 10–15 feet apart. The teams are arranged one behind the other. It is advisable to mark each player's place. For clearness of description the players in each team will be called A, B and C. The centre player, B, starts with the bean-bag, and at the whistle throws it to A, who throws it right over to C, who passes it back to B. This completes one round. The game continues until 10 rounds are completed, B calling the number of each round.

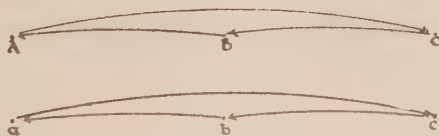
The first team to complete 10 rounds without a miss is the winner. In order to mark the completion of the rounds the team may sit down, or B may raise the bag above his head.

Rule.—If the bag is dropped the team must begin again from the beginning.

Point for the Play Leader.—To see that the side players keep their distances.

Variation.—A more complicated form of the game is played by teams of 10. All sit in file cross-legged, players 1–5 facing players 6–10, 6 being opposite to 1.

No. 1 passes to No. 10, 10 to 2, 2 to 9, 9 to 3, 3 to 8, 8 to 4, 4 to 7, 7 to 5, 5 to 6, and 6 to 1; *i.e.*, 10 passes are made, and the first team to get the bag back to No. 1 is the winner. With so many players in a team it is not advisable to begin again after a miss.



(Diagram 15.)

Number Race.

For any number of players.

Description.—The players are divided into several teams of equal size. The teams form up in parallel files and the players in each file

number consecutively from first to last. On a number being called all the players of that number race each other. They run up the side of their own file, pass round the first player, down the file, round the last player, and so to their place. The player arriving first wins a point for his file.

The file with the greatest number of points out of a given maximum wins.

Points for the Play Leader.—1. If the number of players is large, to form several small teams rather than two large ones.

2. To see that corresponding numbers, particularly the first and last, keep level.

3. To see that there is room for the players to run up and down between the files; it is best to state on which side of the file the players are to start running.

4. To prevent roughness; players who touch either the first or last in the file while racing may be disqualified.

Variations.—1. The players may kneel or sit.

2. To test the alertness of the players the numbers may be indicated by holding up fingers instead of by speaking.

Dogs and a Bone.

Team game for 20-30 players.

Requirements.—A bean-bag, duster, small ball, short stick, etc.

Description.—The players divide into two teams, and face each other in ranks at a distance of 10 to 20 yards. The players in each rank number consecutively from right to left. Midway between the teams an object, bean-bag, etc., is placed on the ground or on a low stool or other support.

The Play Leader calls a number, and the player in each team who holds this number runs forward and tries to pick up the object and return with it to his place in the rank without being tagged by the other. The one who succeeds in doing this scores one point for his team.

Unless one of the players is unusually slow, both will arrive at the object almost at the same time; the game then is to make feints at picking up the object, and suddenly to snatch it up and dash away when the other is off his guard.

Points for the Play Leader.—To call the numbers in irregular order, and to see that all have turns. The game may continue until all have had one or more turns, when the team with the highest number of points wins.

Courier.

Catching game suitable for a large number on a warm day

Requirements.—A tennis, cricket or football for each team.

Description.—The players divide into equal teams, and each team into two halves. The halves of each team face each other in line some distance apart.

The captain at the end of one line holds a tennis ball. At the whistle he throws it to the player opposite, who throws it back to the second player in the first line, and so on until it reaches the last man, who returns it along the same course back to the captain.

The first team to get the ball back to the captain is the winner.

Point for the Play Leader.—To discourage wild throwing due to excitement, and to prove to the players that steadiness and control are the best policy.

Variations.—1. *Bouncing Courier* : A tennis ball may be bounced across from one player to the other, caught and bounced to the next, and so on.

2. A cricket ball may be used by older players who are used to fielding a hard ball.

Circle Pass Ball.

For any number of players on a warm day.

Requirements.—A small rubber-ball.

Description.—The players form up in a circle at short intervals. At the whistle the ball is passed round clockwise from one player to the next. If the whistle goes again the direction is reversed, and again at each subsequent whistle. If the Play Leader commands "*Change!*" the ball is passed across the circle to any player, and if the Play Leader stamps his foot the ball is bounced across the circle. The players must respond at once without hesitation.

Points for the Play Leader.—The Play Leader must arrange that his changes are made so that all the players are tested. He should endeavour to catch the players in every possible way.

Variations.—Other signals or commands may be introduced to indicate, for example: "Miss one player, or two"; "Throw high across the circle," etc.

Ball Throwing and Catching Contests.

Useful practice in throwing and catching can be arranged when there are sufficient balls to allow the class to play together in couples or small groups.

The following are a few suggestions for the arrangement of these contests.

Partners stand opposite each other, the distance between them varying according to their ability and the available space.

1. Throwing one ball across from one to the other.

(a) Catching with both hands.

(b) Catching and throwing with right or left hand only.

2. Bouncing the ball across, with the same variations as in 1.

3. Pat-bouncing the ball across, trying to keep it up as long as possible.

(a) Using either hand.

(b) Using right or left hand only.

4. Throwing two balls, the balls crossing in the air.

(a) Using both hands for catching.

(b) Catching and throwing with one hand only.

5. Bouncing two balls across, with the same variations as in 4.

Points for the Play Leader.—At first much free practice is needed in keeping the ball going as long as possible. Later, competition with other couples may be introduced, a point being scored by the two who reach a given number first, or have the highest number at the end of a given time. The games may later be arranged as a tournament, all teams competing for the final place. If those who drop the ball have to sit down, keen competition is aroused to see who can last to the end.

Jumping the Hands.

Game for a warm day, providing activity for two at a time.

Description.—All the players, except one, sit cross-legged in a circle, holding hands. The odd one starts the game by running round outside the circle and touching one of the other players on the shoulder. The player who is touched rises and races the other back to his place, going in the opposite direction, both of them jumping alternately in and out of the circle over the hand of those sitting.

Points for the Play Leader.—1. To guard against accident when the two players pass each other.

2. To see that the hands are held low so as to give an easy jump for all the players.

3. To see that there is no movement of the hands in the circle.

Variations.—With older or taller players, those in the circle may take kneeling or standing position. Care must be taken to avoid falls, and suitable footwear must be worn.

Moving Target.

A game of skill for 20-40 players.

Requirements.—A chalk line square. The size of the square will depend on the number of players; 6-8 players can defend a side 25-30 feet in length.

Description.—The players divide into two teams, and each team places itself in kneeling position along two adjacent sides of the square.

A football is placed in the middle, and the tennis balls divided between the teams. If there are six balls for each team, each side of the square will have three to lead off with. At the whistle each team tries to drive the football over either of their opposite lines by hitting it with the tennis balls. Some skill is required, in order to keep a stock of ammunition for dangerous moments.

Rules.—1. Balls that lodge inside the square or pass outside it may be recovered as long as the game is not interrupted. The football must never be touched with the hands.

2. As soon as the football touches a line a point is awarded to the opposite team, the tennis balls are then redistributed, and the football replaced in the middle.

Points for the Play Leader.—1. The fielding of shots is important, as this provides the ammunition.

2. Careful judgment is required as to the most favourable moment for expending ammunition.

E. GAMES INVOLVING LITTLE ACTIVE MOVEMENT.

Changing Circles.

Easy game for a limited number of young children, suitable for a warm day.

Description.—Small circles are drawn on the ground, one for each player. The players stand in the circles, and at a signal from the Play Leader all must quickly change circles.

Points for the Play Leader.—1. To have the circles well spaced so as to prevent crowding and roughness.

2. To encourage the children to risk long journeys and not always change with the circle nearest them.

Variations.—1. At the Leader's command the children move from their places and continue to run until a second command is given, when all must find a home.

2. The distance between the circles may be increased, and hopping, skipping, walking, etc., may be substituted for running.

3. The game becomes more exciting if there is one less circle than the number of players, so that there will be a race to avoid being left "out."

4. With one player "out," the changes can be made continuously, those in the circles quietly inviting each other by signs to change places while his back is turned.

Quick Jack.

A quiet game for a small number of players.

Description.—One of the players, Quick Jack, stands close to and facing a wall, the others line up about 15-20 yards away. The object of the players is to creep up and touch the wall, or slap Jack on the back, without being seen in the act of moving by Jack, who may look round suddenly at any moment. Those seen moving have to go back and start again.

Variation.—Such actions as bunny jump, hopping, etc., may be used.

Vis-à-Vis.

For any number of players.

Description.—The players form couples and stand in a circle with two to six paces between the couples. One player stands in the centre and gives directions—"Back to back," "Face to face," etc.,

then suddenly calls "Change!" At the word "Change" all the players in the inner circle have to get a new partner and the odd player tries to get a place.

North, South, East and West.

For any number of players.

Description.—The four sides of the playground or room are named North, South, East and West respectively, and the children jump to face the direction called by the Play Leader. If they make mistakes they sit down in their places.

A definite formation, such as open ranks, is best for this game, but an irregular group may be used in order to save time.

Variations.—To make the game more difficult.

1. The children turn their backs to the direction named.
2. Colours, or names of places, etc., may be used instead of the points of the compass to indicate the directions.

Conqueror.

Game of balance for any number of players.

Description.—The players stand on a chalk line and face each other in couples, one arm's length apart. Those facing in one direction form one team, and those facing in the opposite direction form the rival team.

Each player raises the right (left) leg from the ground and crosses the right (left) index finger with his opponent. At a given signal each tries, by pressing and pushing with the finger, to upset his opponent's balance and make him put both feet on the ground. The defeated players fall out of the line, and the team with the largest number of conquerors is the winner.

Points for the Play Leader.—1. The players should stand on right and left legs alternately.

2. It may be well at first to grade the players approximately according to height and weight, and to continue the game by the winners of one team challenging the winners of the other; this gradually develops into exciting contests between players who may be of quite different builds.

Drop Ball.

Game for a warm day, involving little activity. For young children.

Requirement.—Rubber-ball or bean-bag.

Description.—The children form a ring and the Play Leader stands in the middle with a ball. The Play Leader calls the name

of a child, and at the same time throws the ball up in the air ; the child named runs out to catch or pick up the ball and throw it back to the leader as quickly as possible. As the children gain in skill they should try to catch the ball on its first bounce, and, later, before it touches the ground. It is not necessary, at first, to score, but interest is increased if players count their misses.

Points for the Play Leader.—At first the Play Leader should take the centre place, as young children have difficulty in throwing the ball upwards. Later, the children should take turns in the centre; several circles can then be formed. A large rubber-ball is more suitable at first, but later a smaller ball or bean-bag can be used.

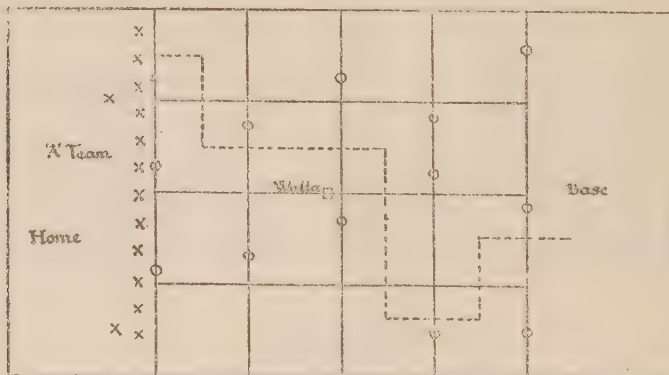
Variations.—Each child takes a number, and this is called out instead of the name.

Walla.

Running game for any number of players depending on the space available.

Description.—Lines are drawn dividing the ground into squares of sufficient size to allow two or three players to stand in the middle of each and be out of reach of other players standing on the lines. A home is marked at one end of the ground, and a base at the other. The players divide into two teams, *A* and *B*. The *A* team places itself in the home, and the *B* team in any order on the cross lines which separate the home from the base, *e.g.*, three players stand on one line, two on another, and so on. A selected player of *B* team is called “Walla.”

The object of the A team is to get across to the base and back again without being touched by the players of B team.



The 'A' team are shown by crosses, the 'B' team by small dots, and the goal by a square. The dotted line indicates the kind of track an 'A' player might follow.

(Diagram 16.)

Rules.—1. The *A* team may dodge from square to square forward and sideways, but not backwards.

2. The *B* team may run only along the cross lines on which they have placed themselves, except Walla, who may run on any line and in any direction.

It is important to remember that one player left behind is easily marked and captured, because none of his own side may return to help him out by acting as decoy. Players should, therefore, note carefully their positions in relation to others.

The longer the game can be kept going with some players moving forward to the base, and some returning home, the more complicated and difficult it will be for the *B* team to catch them.

3. When caught a player is out of the game, and should go to the side in order not to confuse the others.

4. The game ends when all who have not reached home are caught. The number of players who have succeeded in reaching home is then noted and the teams change places.

The team getting the greatest number home is the winner.

Points for the Play Leader.—1. To note that catchers, in trying to touch runners, are not tempted off their lines.

2. The game may be arranged with fewer catchers than runners, in which case the score of the different catchers is counted.

3. The larger the ground, the more active the game becomes ; but it is not very suitable for cold weather, as players who are caught necessarily fall out of the game, and so cannot be kept actively employed.

Arch and Tunnel Ball.

File game for any number of Players.

Requirements.—A small football or large rubber-ball for each team. A series of short chalk lines, or marks, in line with each other.

Description.—The players divide into equal teams, and each team forms up in file with the leading player on one of the lines or marks, and holding a ball. At a given signal the leader of each file passes the ball over his head to the next player behind, and this is repeated until the ball reaches the last player in the file. This player runs with the ball to the front of his file, taking the place of the leader, and the whole file moves back one pace. All the players then jump to astride position, and the new leader rolls the ball between their legs to the end of the file ; his throw may be sufficient to send the ball to the last man, but each player must be ready to help the ball on, or to put it on its right course. The end player runs with the ball to the front of the file and passes it over his head as in the first round. The game is continued by passing the ball alternately

over and under, and is finished when the first leader reaches his place again.

Points for the Play Leader.—1. If sufficient balls are available it is better, especially with unskilled players, to have short files.

2. Some practice should be given to secure correct action before competition is introduced.

3. Careful attention should be given to orderly formation. Players should not be too close to one another, and good covering is essential in order that the ball may travel in a straight course.

4. Both hands should be used in passing and receiving the ball.

5. At first it is well to allow the winner of each round to score a point for his team; this ensures a slight pause after each leader arrives in place, during which files can be straightened and checked by the Play Leader. Later, the proper relay form can be attempted and the players themselves made responsible for the order of the line.

Aiming Contests.

Requirements.—One or more small rubber-balls for every pair of players.

The following are suggestions for the arrangement of these contests:—

1. Two lines are drawn across the centre of the ground, and on each side of these a service line is drawn parallel to them. The players take up their positions behind the service lines. The distance of the service from the centre lines must depend on the skill of the players; it may be short at first, but as accuracy improves it should be increased, whereas the space between the centre line should be reduced.

One ball at first is used by each pair of players. It is thrown by one player so as to bounce between the centre lines, is caught by the opposite player and returned in the same way. If two or more balls are used, each player should take all his shots in succession, so as to give opportunity for correcting the force or direction of the throw. The winner is the player making the greatest number of successful shots out of a possible 10 or 20.

Point for the Play Leader.—To train a correct over-arm action in throwing.

Variations.—(a) Difficulty may be increased by drawing circles on the ground, into which the ball is aimed.

(b) A second or third circle may be drawn within the first; the game then gives the players the opportunity of scoring a "bull"; an "inner," or an "outer" circle, counting 3, 2 and 1 points respectively.

Volley Ball.

Advanced game of skill for 24-30 players.

Requirements.—A large rubber-ball or small football. A space of about 50 feet by 30 feet.

Description.—Lines are drawn to mark the ends of the courts, and a net is strung across the middle, about one foot above the heads of the players.

The players are divided into two teams, which occupy opposite courts, and stand anywhere within them. A player of one team, the scorer, stands behind the back line of his court and bats (not throws) the ball to another player, sending it either over the net to the opposing team, or to another player of his own side. The ball is then volleyed from player to player, with the object of passing it over the net so that the opposing players cannot return it.

Scoring.—Only the side which is serving scores. If this side wins the rally it scores a point; if it loses, the serve passes to the other side. The side which first scores 30 points wins.

Rules.—1. The ball may be batted either with one hand or both, but may not be bounced, thrown, caught, or kicked.

2. A player may beat the ball three times in succession if he so desires, but he must get rid of it on the third hit.

3. The server is allowed a second try if his first serve fails. If his second also fails, the service passes to the other side. All may take turns as server.

4. The ball is in play only while it is in the air; as soon as it touches the net or ground the rally is over.

Points for the Play Leader.—1. To begin by training the players to keep the ball in play by saving and lifting it in the air, rather than to seek to score points. The rule with regard to strokes need not be enforced at first.

2. To encourage the players to pass to others of their own team, so that all may be kept alert and have a share in the game.

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1. Syllabus of Physical Training for Schools, 1919.
Paper, 1s. 6d. (1s. 9d.). *Cloth*, 2s. 6d. (2s. 10½d.).
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6. Suggestions in regard to Games. 4d. (5d.).
7. Physical Exercises for Rural Schools, 1924. 3d. (4d.).
8. Physical Training: The Team System. (Appears also as an Appendix in later issues of No. 1, Syllabus of Physical Training for Schools.) 1d. (1½d.).
9. Circular 1363, "Memorandum on the Planning and Equipment of a Gymnasium for a Secondary School." 2d. (2½d.).
10. Memorandum on Physical Education in Secondary Schools. 2d. (2½d.).
11. Memorandum on Physical Education in certain Schools and Classes which are able to give a more extended training than that provided for in the Board's Syllabus of Physical Training. 2d. (2½d.).
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